

TABLE SET FOR A FORMAL SPRING BREAKFAST

## ILLUSTRATIONS



# INTRODUCTION

**ARRANGEMENT**—The first effort in preparing this work has been to arrange every recipe on every subject so that any housekeeper can find exactly what is wanted at once simply by opening the book, as you would find a word in a dictionary. This has been done by arranging the whole work—very subject—alphabetically, and by a most complete system of cross references.

**VARIETY**—By this plan similar recipes are grouped under general headings so that in looking up any recipe the reader is offered a variety of recipes on the same subject without the necessity of hunting through a mass of indexes.

For example under "Chicken" are given, in alphabetical order, references to all the different ways of preparing it. This list begins with a reference to some thirty recipes for cooking chicken under the general heading of "Poultry" followed by references to chicken salads, chicken sandwiches, chicken souffles, chicken soups, and chicken timbales grouped under their respective headings so that at a glance the reader may find and select just what is wanted. It often happens that one is uncertain as to the best way of preparing meat, fowl, vegetables, etc. The present arrangement not only gives direct references to particular recipes but, by grouping together recipes on the same subject, suggests new possibilities. In many cases a choice of well-tried recipes is given for preparing the same dish.

Such an arrangement is new, and will be found not only valuable but helpful and suggestive. A few practical hints follow regarding some of the simple principles of cooking—recipes for the chafing-dish, cooking for invalids, the cook's time-tables, tables of weights and proportions, cooking utensils, etc.

**SOME SIMPLE PRINCIPLES**—In cooking meat there are really only two simple principles to remember. The first is that with a temperature higher than that of the boiling-point ( $212^{\circ}$ ) the fibrine and albumen of the meat shrink and the meat becomes hard and indigestible, whereas, with the temperature at or just below the boiling-point, and with plenty of moisture, even a tough piece of meat becomes tender.

The second principle is that the less the juice of the meat escapes during cooking the better its flavor.



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So in boiling or roasting a piece of meat, it should be subjected for the first few minutes to a heat greater than that of the boiling-point, in order to form a crust and keep in the juice, then the temperature should be lowered to the boiling-point, or a little under it, and kept there until the cooking is done.

To clear the fire, sprinkle a little salt over it.

**BOILING**—Keeping in mind the directions just given, it may be added that everything, if gently simmered, will be more tender than if boiled fast. When the water bubbles a little it is about right for cooking meat, which, with the exception of salt meats—like ham, corned beef, salt tongue, etc.—should be put into the kettle when the water is boiling. In the making of soups, etc., where it is desired to extract the juice, the meat should be put on in cold water and allowed to simmer.

After removing the scum from boiling meat, replace the cover at once.

In boiling any article of food, never allow the water to stop simmering before the cooking is entirely done. Corned beef is improved by letting it cool in the water in which it is boiled. It should be remembered that, before boiling, all fowls and joints should be securely tied or skewered into shape.

**FRYING**—Frying means the complete immersion of the article to be cooked in boiling fat. What is ordinarily understood by frying—that is cooking an article on both sides with enough fat to cover the bottom of the pan—is properly termed *sauting*. Most articles of food are more economically *fried* than *sauted*.

In frying the first thing to consider is the fat to be used—whether olive oil, lard or drippings. The question of expense and taste must decide. In any case the fat must be clarified before being used a second time.

**FAT** (to clarify for frying see page 109) —When the fat is clarified it must be heated for cooking. The temperature required for frying articles which are composed in part at least of flour, eggs, milk, sugar, etc.—like dough-nuts and fritters—is about 350°. You can tell when this temperature is reached by the thin blue smoke rising from the centre of the fat in the kettle. This is the test to apply because fat does not boil like water, but if free from impurities reaches a temperature of more than 400° without motion. This latter temperature is required for oysters, whitebait, etc.

When the blue smoke rises from the fat a small piece of stale bread should be dropped into the kettle. If the bread is browned in one minute the fat is ready for frying breaded chops, croquettes, fritters—nearly all articles that require from three to four minutes' cooking. The same fat may be used several times for frying, but fat used for frying fish must not be used again for anything except fish.

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**BROILING** —The principle of using a strong heat at first to sear the outside and keep in the juice applies especially to broiling. The fire should be perfectly clear, without smoke. The article to be broiled should be held near the hot coals for about a minute on each side, then farther away, turning continually until done. The gridiron should be hot and well greased before the meat is put on it. In general, most articles are improved by being buttered before broiling, fish should be buttered and sprinkled with flour to prevent its sticking to the iron.

**ROASTING** —To roast requires a specially made stove or range, where the joint is placed near the clear coals on a revolving spit. In some gas-ranges roasting may be done under a sheet of flame. The meat should be placed first near the coals or gas-flame, in order to harden the surface, then remove farther away, and cook through, turning and basting continually. Just before the meat is done, baste it and sprinkle with flour, then brown it near the fire. The coals should be bright and hot, and the fire big enough to last, with little or no replenishing, till the meat is done. In the majority of American kitchens, roasting means baking. In baking, the meat should be placed on a rack to keep it from the bottom of the pan. The oven should for the first fifteen minutes be very hot, then kept at a moderate heat only. The joint may or may not be dredged with flour, but should be basted frequently.

**SAUTÉING** —Sautéing means simply frying in a spider or sauté-pan, with just enough fat to keep the material which is being prepared from sticking to the pan. (See above, **FRYING**.)

**BRAISING** —Braising is a combination of baking and stewing. The braising-kettle has a deep cover, in which coals are placed, so when put on the fire the food is cooked from top and bottom at the same time. The success of braising depends on slow cooking. If meat, it is usually cooked in stock, broth, or water, with the addition of vegetables, bacon, and seasoning. Braising is especially to be recommended when the meat is flavorless or tough.

**SOME CHAFING-DISH RECIPES** —Nearly all light luncheon and supper dishes can be cooked on the chafing-dish. We refer here to only a few classes of dishes that seem especially suitable for chafing-dish luncheons, suppers, etc.

Fish, oysters, clams, and lobsters    See Fish.

Eggs and omelets    See Eggs

Sauces

Sweetbreads

Creamed dishes    See Poultry (Chicken), etc

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Creams.

Dishes à la Newburg

Pancakes. See Bread.

Sautéed meats.

Stewed meats.

Ragouts.

Rechauffés

Canapés. See Sandwiches.

The best chafing-dish is one with a double pan, the lower one containing hot water, the upper one being called the blazer. The blazer is frequently used alone, but when milk is an ingredient the double pan should always be used.

Before lighting the flame all the materials should be ready at hand on a large Japanese tray. Salt, pepper, butter, flour, cream or milk, a wooden spoon, a knife and fork, and a few plates. Where possible, use Russian bowls for the materials, as these are made of wood do not break, make no noise, and are also ornamental. They can be bought in various sizes.

**INVALID COOKERY**—Dainty preparation and serving is the first requisite of cooking for invalids and convalescents. It is impossible to give a complete list of recipes or one that will do more than suggest to the nurse or cook a few appetizing dishes. Spotless linen and dainty portions attractively served are the chief things. With these any easily digested food or dessert may according to judgment be included in the list. The following is a partial list of dishes suitable for the sick-room.

Broths (chicken mutton etc.)

Gruels and porridges.

Panada.

Beef tea.

Beefsteak broiled.

Game.

Fish.

Oysters and clams.

Eggs.

Blanc-manges

Creams.

Corn-starch and rice puddings.

Arrow-root.

Fruit prepared simply.

Wine, fruit and other jellies.

Cream soups.

Maitre soups.

Toast.

**REQUISITE KITCHEN UTENSILS**—The essential articles of furnishing for all kitchens are practically the same. Where a great deal of fancy cooking is done or in households where it is desirable and feasible to have as complete furnishing as possible, including the many novelties that are constantly being offered it is best to make the selection direct from the

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dealer Heavy tinware keeps its shape better, lasts longer, and is in the long run more economical than tin of light weight. Granite-ware is preferable to porcelain-lined It does not become discolored, and food cooked in it will not stick or burn as easily as in porcelain. The following list includes the utensils requisite in a well-equipped kitchen

Bain-marie, a large deep pan containing boiling or hot water Used to keep other vessels at a temperature below boiling-point.

Beaters—one Dover egg-beater, one common wire whisk.

Board (hardwood) for cutting meats, etc

Boilers (double)—one holding from two to three quarts, one for boiling ham

Bowl (wooden) to use in chopping

Bowls—four large yellow bowls, graduated sizes, from six quarts down, four white bowls, one quart each

Boxes or buckets (wooden), for sugar, meal, rice, tapioca, barley, soda, etc

Bread-board

Broilers (double)—one each for toast, fish, and meat.

Broom.

Brush for glazing, rubbing whites of eggs over rusks, crullers, etc.

Brushes for scrubbing, blacking, etc.

Butter roller (wooden)

Cake-box

Cake-turner

Canisters—one each for tea and coffee.

Can-opener

Chafing-dish and a set of Russian bowls

Chopping tray and knife

Cloth (wire steel), also dish-cloths, towels, etc

Coffee-mill

Colanders—one coarse, one fine

Corer for apples

Corkscrew

Cream-whipper

Cups—six, holding half-pint each.

Cutters for biscuits, croûtons, etc

Cutters for vegetables

Dippers—one large, one small, both with long handles

Dredgers, one each for flour, powdered sugar, salt, and pepper

Egg-poacher

Fancy cake pans

Forks—one large, two small

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Frying-kettle (deep), with frying-basket.

Funnel.

Grater

Griddle

Ice-pick

Iron for waffles

Jagging-iron.

Kettles—one fish-kettle, one for preserving, one frying-kettle, one custard-kettle (double), one steaming-kettle

Knives—one boning knife, one butcher's knife, one French cook's knife, two case knives, two vegetable knives (one fluted to cut vegetables for decorations, etc.)

Measures—two holding one quart each, one holding a pint.

Mortar and pestle

Moulds for puddings, jellies, timbales, etc

Needles—one for trussing, one for larding

Pails for cleaning purposes

Pancake lifter

Potato and vegetable masher

Pots and pans—two large pots of cast-iron, for meats, etc., three granite stew-pans, from one-half to four quarts, three frying (sauté) pans, one dish-pan, two bread-pans, six to eight quarts respectively, two milk-pans, two baking-pans, four tin (shallow) baking-pans, four deep pans for meats, one braising-pan, one muffin-pan, one teapot, one coffee-pot, one chocolate-pot, one stone pot for bread, ten quarts, one for butter, six quarts, one of three quarts, one bean-pot.

Pudding-dish of earthen-ware

Rolling-pin

Scales and weights

Scoops—one each for flour and sugar

Set of steel skewers

Sieves—one for flour, two for purées—one coarse, one fine.

Skimmer

Spice-box

Spoons—four large mixing-spoons, two table-spoons, six teaspoons

Squeezers—one for lemons, one for pressing the juice from meats, etc.

Steamer to fit a large iron pot.

Strainers—one for gravies, one for vegetables

**ECONOMY AND WASTEFULNESS**—Economy in cooking does not consist primarily in buying cheap foods, it does consist, first of all, in

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the intelligent saving and combination of things left over, in the use of all kinds of remnants from the table—meats, cereals, vegetables, and so on—materials that can be made, with a little attention, into attractive, desirable dishes. There is economy, however, in buying in quantity some of the less perishable staples, such as flour, salt, coffee, tea, canned goods of prime quality, etc. Sugar is usually sold so near the wholesale price that buying it in quantities is largely a matter of convenience. Granulated sugar is usually considered the best value, because, while the so-called coffee sugars may be a little cheaper, the difference is often made up by increase in weight through moisture. In the majority of households there is little economy in buying meat in large quantities, on account of the lack of proper facilities for keeping it. With meats the best economy is in the proper use of the fat, marrow, trimmings, etc. For example, when meat comes from the market trim off all the fat not absolutely needed for cooking. The suet or kidney fat is excellent for mince-meat, plum pudding, suet crust, dumplings, and even delicate puff paste, when properly prepared. Suet may be kept fresh for several days by entirely surrounding it with flour. Cut the superfluous fat in small pieces, and put it in a pan on the stove where it will melt without browning. As the fat melts pour it into earthen vessels. When nearly all the oil is extracted, the "scraps" will begin to brown. They are excellent, salted and nicely browned, with baked or boiled potatoes, etc. The drippings should be clarified to use in cooking other dishes. The marrow-bone should be cut away from the meat and split into pieces, two or three inches long, so that the marrow may be taken out in unbroken portions. Marrow may be used in place of butter on toast, or of butter in making force-meat balls, etc. After the marrow has been extracted, the bones should be put into the soup-kettle.

Cut bread, not used, may be trimmed and toasted. Odds and ends of bread may be made into croûtons for soup, etc. (see Croûtons, page 88), or may be used in bread pudding, force-meat, brown betty, etc. Scraps of bread should be used for making crumbs for breading croquettes, chops, etc.

Put the remains of poultry and bones from roasts, etc.—in fact, everything that cannot be utilized elsewhere—into the soup-pot for stock and sauces. But on no account must the stock be kept indefinitely. If necessary, use a little fresh stock to lengthen out what was left of stock made yesterday. But if you always add the fresh stock to the old, you will be almost sure to have sour stock and gravy at the end of the week. The best way is to make fresh stock from day to day, as it is needed.

The ends of beefsteak and tough pieces of meat in general may be made into croquettes, hash, rissoles, etc.

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Egg-shells are used to clear soup and coffee or jellies. Boiled and poached eggs left over may be boiled hard for garnishing. Cold fried or scrambled eggs can be mixed with minced meats. Whites of eggs left from cooking may be used for making angel-food, kisses, meringues, etc.

Cereals left over may be added next day to the fresh stock, or may be moulded and served cold, or may be fried and served as a vegetable, or with syrup, or left-over cereals may be added to pancake batter. Cold boiled rice is often added to soup, or made into croquettes, etc.

Sour milk makes good biscuits, etc.

Vegetables not used may be added to soup or ragouts. Tomatoes, pease, etc., may be used in omelets. Cold vegetables may be mixed and served as salads. The hard roots of celery may be served as a vegetable, or to make celery soup, and the top leaves may be used for garnishing.

**HARPER'S  
COOK-BOOK ENCYCLOPÆDIA**





# HARPER'S

## COOK-BOOK ENCYCLOPÆDIA

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### A

**Agrodolce** — Boil fresh calf's tongue or sheep's tongue until tender Slice and keep hot while you prepare a sour-sweet sauce by heating a gill of the liquor in which the meat was boiled adding to it a table-spoonful each of salad oil and vinegar, a heaping teaspoonful each of granulated sugar, Sultana raisins and almonds, blanched and shredded Add salt and pepper to taste The real Italian agrodolce has a large table-spoonful of grated chocolate added to this sauce, which is then poured over the sliced tongue Singular as the combination sounds, it is yet very good

**À la Mode, Beef.** See Beef

**Allemande Sauce.** See Sauces

**Almonds, Burnt** — Stir a cupful of water and a cupful of brown sugar in a saucepan until it boils, then add a half-cupful of blanched almonds and keep stirring until the sugar browns and begins to granulate Take out the almonds when they are fully coated with the sugar A second cupful of sugar can be boiled and the burnt almonds turned in to receive a second coating of sugar They are then known as sugar almonds

**Almonds, Salted** — Blanch the shelled almonds by pouring scalding water over them, and allowing them

to remain in this until the skins slip off readily Spread the nuts on a clean cloth until thoroughly dry Turn them into a baking-pan with enough olive oil to coat them, and set them in the oven to brown Stir them about occasionally, that all may receive an equal amount of heat When of a uniform golden brown, turn, while still hot, into a colander, and drain off all superfluous grease Sprinkle the nuts thickly with fine table-salt tossing and stirring them while doing so Shake once more in a dry colander, and spread on a platter to become cool and crisp If one objects to the taste of oil, use instead melted butter

**Almond Blanc-mange**

See Blanc-mange

. **Cake** See Cakes

**Puffs**

**Wafers**

**Custard** See Custards

**Force-meat.** See Force-meats

**Ice** See Ices

**and Orange**

**Pudding** See Puddings

**Soufflé** See Soufflés

**Amber Pudding** See Puddings

**Amber Soup** See Soups

**American Sandwiches**  
See Sandwiches

**Amherst Pudding** See Puddings

**Anchovies**—The following recipes for cooking anchovies will be found under their respective headings as indicated

**Anchovies à la Marseillaise** See Fish

- Escaloped
- with Olives
- Salad
- Canapés See Sandwiches.
- Sandwiches
- Sauce See Sauces

**Angel Cake.** See Cakes

Food

**Apples**—The following recipes for cooking apples will be found under their respective headings as indicated

**Apple (à la Cherbourg)** See Fruits

(à la Marie)

and Rice

and Snowball Rice

Baked

Brown Betty.

Buttered

Charlotte

Cobbler

Cream.

Float.

Fool

Gâteau.

Jellied.

Meringue of

Miroton of

Pudding

Snow

Stewed.

Bread.

Cake.

Cream.

Custard.

Sponge

Omelet.

Fritters

Pies

Charlotte

Dumpling

Pudding

Slump

Butter

Crab

Marmalade

Preserved Whole

Raisiné

Salad.

See Cakes

See Creams

See Custards

See Eggs

See Fritters

See Pies

See Puddings

See Preserves

See Salads.

**Apple Sauce**

and Rice Soufflé

Soufflé

Soufflé, Frozen

See Sauces

See Soufflés

**Apricots**—The following recipes for cooking apricots will be found under their respective headings as indicated

**Apricot (au Riz)**

Cream

Compote of

Paste

with Brandy

Blanc mange

Custard

Jam Tarts

Pie

Soup or Bouillon

See Custards

See Pies

See Soups

**Arrow-root (for invalids)**—Boil a little lemon-rind in a pint of water for fifteen minutes strain and pour the liquid upon two dessert-spoonfuls of arrow-root which has been previously mixed with a little cold water Stir briskly and boil for a few minutes then add a teaspoonful of sugar and a glassful of wine Milk or cream may be substituted for the wine

Another way—Put two teaspoonfuls of sugar in a cupful of boiling water Blend two small table-spoonfuls of arrow-root with a little cold water then stir it in the boiling water and add flavoring A table-spoonful of burned brandy will sometimes be an agreeable addition

**Arrow-root Sauce**

See Puddings

**Artichokes.**

See Vegetables

**Asparagus.**—The following recipes for cooking asparagus will be found under their respective headings as indicated

**Asparagus Boiled**

See Vegetables

French method.

Ragout of

Tips

Omelet

Salad.

Sauce

Canapés

Soup.

See Eggs

See Salads

See Sauces

See Sandwiches

See Soups

**Aspic Essence** —In 1 pint of consommé and half 1 gill of vinegar put 4 ozs of unnced ham, a little parsley and mace, and let it simmer until reduced one half. Strain through 1 fine sieve, clarify with white of 1 egg, press through a napkin, and use it for roist poultry

**Aspic Jelly** —Two quarts of filtered cold water, 6 ozs of gelatine, half-pint of French vinegar, one onion one head of celery one bay-leaf, a sprig of thyme, thirty peppercorns, a little salt, a very little cayenne pepper. Dissolve the gelatine in a small portion of the water, add the rest of the water, and set to simmer in 1 stewpan, let it cool, and skim off any impurities. Have ready the whites and shells of four eggs, beat them into the jelly over a brisk fire till

the eggs begin to coagulate, then add the juice of a lemon mixed with cold water and strained. Put the lid on the stewpan, simmer for a short time strain through a jelly-bag, and fill the garnishing mould, or pour into a shallow dish, and when cold cut into shapes and use as garnish

See also another way of preparing aspic jelly, under Jellies

See also Game, Poultry, etc, for recipes of various meats, etc, in Aspic Jelly

Assorted Salad      See Salads

Au Gratin, Beef (with Macaroni)  
See Beef

Auntie's Griddle Cakes  
See Bread

## B

**Baba with Raisins** — Mix  $\frac{1}{2}$  oz of German yeast and 4 ozs of sifted flour with warm water to a soft dough, and put it near the fire to rise. Rub 12 ozs of butter into 12 ozs of flour, work it into a smooth paste with eight well-beaten eggs, 1 oz of pounded sugar, and a little salt. When the paste is ready and the sponge sufficiently risen blend them well together and mix in 2 ozs of finely minced candied citron-peel, 2 ozs of well-dried currants and 3 ozs of stoned raisins. Butter a mould, fill it about half full, and allow it to rise until it is nearly at the top when it may be baked at once in a moderate oven. Time to bake, one hour and a half.

**Bacon** — The following recipes for cooking bacon will be found under their respective headings as indicated.  
**Bacon and Calf's Liver** See Pork

- .. and Eggs
- .. and Lima Beans
- .. Boiled
- .. Broiled.
- .. or Ham Omelet
- .. Salad Dressing

**Baden Pudding** See Puddings

**Baked Custard.** See Custards

**Balls, Beef.** See Beef

**Bananas** — The following recipes for cooking bananas will be found under their respective headings as indicated.

- Bananas, Baked** See Fruits
- .. en Daube
- .. Stuffed.
- .. Cream See Creams
- .. Custard. See Custards

**Bananas, Taffie**  
**Fritters**  
**Salad**

See Custards  
 See Fritters  
 See Salads

**Banbury Turnovers** See Pies

**Bannock** See Cakes

**Barberry Preserves** See Preserves

**Barley** — The following recipes calling for barley will be found under the various headings as indicated.

**Barley Scones** See Bread  
**Pudding** See Puddings  
**Cream of**  
**Soup** See Soups

**Bass, Boiled** See Fish

**Bath Buns** See Bread

**Batter** — Melt 1 oz of butter by pouring over it about an eighth of a pint of boiling water and again cool it by means of three-quarters of a pint of cold water. Mix it gradually and smoothly with 6 ozs of dried flour. A very little pinch of salt must be put to the batter if it is for fruit but it will require more if the fritters are savory ones. If the batter be too thick, put a little more water and when all is ready beat up the white of an egg to a froth, and stir it into the batter. This forms an excellent batter for apple, peach or orange fritters.

**Batter, Beefsteak in** See Beef  
**Bread** See Bread  
**Pudding** See Puddings

**Bavarian Creams** See Creams

**Beans** — The following recipes for cooking beans will be found under

their respective headings as indicated

Beans, Boston See Vegetables

Creamed

Croquettes

Lima

String, Omelet of

Salad of

Salad

Soup

Pork and

See Salads

See Soups

See Pork

Bearnaise Sauce

See Sauces

**Beating**—The object of beating is to get air into the mixture and thereby make the same light therefore stirring must be avoided as that simply mingles the various articles in the mixture and drives out the air

Bechamel Sauce

See Sauces

## BEEF

Beef is considered by many the best and most wholesome, as it is certainly the most economical meat that can be purchased for family use. It is in season all the year round. The heart, sweetbreads, and kidneys should always be used fresh. Ox beef is the best the flesh is smoothly grained and rather open, if the animal is young the meat rises when pressed with the finger. The lean is of a bright red color, and the fat white rather than yellow. In roasting, baste often, a great deal depends on this. Inexperienced cooks think they have done all that is necessary when they have given it the prescribed time, but without frequent basting the meat will be dry and indigestible.

In all recipes given in this book the greatest care has been taken to give correctly the time required for cooking but it must be remembered that it is impossible to give it exactly to suit each case, because so many circumstances tend to vary it, such as the age of the animal the time the meat has been kept after being killed, the state of the weather, the cooking apparatus used, and the quality of the fuel. The average only has been taken and thus being understood, common-sense must make allowance for the rest. It will be an assistance to remember that freshly killed meat requires more time than that which has been kept, and also that meat needs cooking rather longer in cold weather than in hot.

**Beef Balls**—Chop cold roast beef very fine freeing it from bits of gristle, but leaving in the fat. To half a pint of meat, put one small cupful of crumbs bread or cracker rolled and sifted, salt and pepper to taste. Moisten the whole with any soup or stock you may have, add a little Worcestershire sauce, heat all together, and then stir in one egg well beaten. Set the mixture away to cool. When cold, form into balls, roll in egg and fine crumbs, and fry in a wire basket for two minutes.

**Beef Bouilli**—Take a piece of beef (say 8 lbs.), a part of the rump being the best, and put it over the fire in a pot of cold water. When it begins to boil, skim and add a little fresh cold water to clear it. When all the scum has been removed, set the pot on the back of the fire, where the contents will stew very gently. Season with salt and pepper, two onions, four carrots, four turnips, one head of celery. When these vegetables are done, take them out to season the soup. While the beef is cooking make the glazing as follows. Stew a piece of veal weighing 2 lbs with a slice of bacon, and one each of the same kinds of vegetables that were put into the pot with the beef. When done, strain off the broth and reduce to the consistence proper for glazing and pour it over the bouilli at the moment of serving it up. For the gravy, work up a piece of butter the size of an egg in a little flour, with

a small pickled cucumber cut up fine, one anchovy, and a large spoonful of capers. Put it in the same saucepan in which the glazing was prepared, with a little water. Heat it, stirring all the while, but as soon as it simmers take it off and pour it in the sauce-boat. The water in which the bouilli was boiled makes nice soup with the addition of the vegetables before spoken of chopped up and returned to it. If preferred, they can be strained out before serving in the tureen.

**Beef, Corned, Boiled.** — The best piece is off the round, having a strip of fat. Put it into cold water sufficient to cover it, let it come slowly to a boil, and then simmer until done. A half-hour to each pound will be about right. Vegetables may be added for the last hour. If not to be used until the next day, let the meat remain in the water under pressure, a platter to be placed on top of the meat and weighted down by a flat-iron, but the water should not reach the iron.

#### Beef, Corned, Hash

See Beef Hash

**Beef, Corned, Potted** — Take 4 lbs of corned beef place in a pan with a little suet and water, bake in an oven, when done, cut into small pieces and pound in a mortar till it is perfectly smooth season with cayenne salt, pepper, a little mace, some of the gravy, and  $\frac{1}{2}$  lb of melted butter. When thoroughly mixed, put into pots and cover with melted butter.

**Beef, Corned, Scrapple** — A 4-lb piece of corned beef brisket free of bone with fat and lean mixed. Put it in a kettle that has a cover and then pour over it sufficient water to cover it. Put the lid on the kettle and set it on the range, where it may cook very slowly for four or five hours, or until it is perfectly tender. Then take it out of the pot, and with the water in which it was boiled mix

enough plain water to boil one breakfast cupful of hominy grits and two cupfuls of yellow corn meal, stir all well while cooking (about half an hour will do), while this is being done, cut the meat up in very small, thin pieces, mix these pieces through with the mush while warm, and pour the same into flat pans. Use a little black pepper and a little sage for flavoring. When cool, cut up in slices and fry.

**Beef, Corned, a la Soyer, Boiled** — Put in the pot a piece weighing 6 lbs, add four quarts of cold water, boil very gently for three hours. One hour before serving prepare two cabbages, cut into four pieces, and put into the pot with the meat. When done drain the cabbage, and place round the beef on the dish, and serve. Leave the broth from the meat on the fire put in 2 lbs of split pease, a little pepper and brown sugar, boil slowly till done and put by, uncovered for next day, to use with the cold meat. If more salt or pepper is required add it, if on the contrary, it should be too salt, add more water and 1 lb of potatoes. Or skim-milk may be added, and about 1 lb of toasted bread, cut into slices, and put into the soup when serving, or  $\frac{1}{2}$  lb of flour mixed with a pint of water. Every part of salted beef may be boiled thus, using any vegetables instead of cabbage.

**Beef, Corned, Spiced** — Ten pounds of round placed in a large bowl or pan, rub twice a day on each side with the following mixture: 1 lb of brown sugar, 2 ozs of salt, one tablespoonful of saltpetre, one of pulverized allspice, one of cloves, and a little pepper. Make a brine strong enough to bear an egg. When your beef has lain in the above mixture twenty-four hours, put in the brine pouring in all the extracted juice. One week will be sufficient to corn.

**Beef, Dried, Creamed** — Shave off very thin slices of dried beef, not

making the pieces too long, put into a stewpan a terecupful of cold water, then the slices of beef, after it simmers a few minutes add a table-spoonful of butter, when this is melted take out the meat putting it where it will keep hot but well the yolk of one egg, add slowly two table spoonfuls of cream or milk, in which a tere-spoonful of flour has been stirred, and pour it into the boiling liquor, stirring to prevent curdling, salt and pepper to taste, when it has simmered a few minutes, pour in half a terecupful of cream or new milk and pour the mixture over the meat

**Beef Croquettes, Cold Roast** — Chop into tiny bits enough lean roast beef to make two cupfuls. Cook together in a saucepan a table-spoonful of butter and two of flour, and when these are blended pour upon them two cupfuls of milk to which you have added a pinch of baking-soda. Stir to a smooth sauce then add the minced beef and remove from the range. Beat in a few drops of onion juice, a dash each of paprika and nutmeg, and salt to taste. Set aside until very cold, then mould into small croquettes. Roll each croquette in beaten egg, then in cracker dust. Set all in the ice-box for two hours, then fry in deep, boiling fat. Drain free of grease in a hot colander.

**Beef, Curried** — Fry three onions cut into slices. Pour over them a little stock, add a sour apple, and simmer till tender. Rub the mixture through a fine sieve, add a table-spoonful of curry-paste, a table-spoonful of ground rice, and as much stock as is required to make the sauce. Stir it over the fire till smooth and thick, put in the dressed beef, cut into neat slices, simmer very gently for a short time, and serve with boiled rice.

**Beef Filets Mignons aux Olives** (in chafing-dish) — The filets cut from the porter-house steak must be nicely rounded, dipped into very

good olive oil, sprinkled on both sides with very little salt and half the quantity of pepper. Do not use the hot-water pin. Put in the chafing-dish two table-spoonfuls of butter, melt it, do not brown it, add the filets, cook them four minutes on each side. Do not cover, and take care to keep the flame at a moderate height. Prepare two dozen of olives in the following way. Take the stones out of the olives being careful to retain their shape, put them three minutes in boiling water, drain them well in a napkin. Remove the filets from the chafing-dish and place them on a hot platter. Put the olives in the gravy of the filets for five minutes and serve them around and the gravy over. These filets mignons with olives make also an excellent entrée cooked in a cocotte. Take care to turn the meat with a flat utensil, so that it retains its juice.

**Beef, Fillet of, Normandie** — With a sharp-pointed knife remove every part of skin and sinews of a fillet of beef of about 5 lbs. Cut in very narrow strips, a finger's length 1 lb of larding-pork. Place them in a bowl of ice-water with a medium-sized larding-needle, lard the top of the fillet in regular rows, half an inch apart. When done, trim with a pair of scissors. Butter a baking-pan all around with two table-spoonfuls of butter, put in it all the remaining parts of the larding-pork two medium-sized onions, two carrots, the root of a stalk of white celery, two sprigs of parsley all sliced very thin. Rub all over the fillet one teaspoonful of salt, one salt-spoonful of black pepper, place it in the pan and put on top one table-spoonful of butter divided in small pieces. Have a piece of white paper, butter it on both sides cover the pan with it, bake in a hot oven. After thirty minutes, baste and add one gill of good broth, cook thirty minutes more, baste twice during the last half-hour. Remove the fillet in a warm platter and keep it warm in the oven with open door.



while finishing the sauce Put the baking-pan over the range and add to the gravy one gill of broth and one of cooking Madeira wine Cook stirring gently, for five minutes Strain the gravy in a small sauce-pan Skim off the fat on the surface, put back the gravy over the fire and let it come to a boil Have this thickening prepared in a small bowl Take two egg yolks and one gill of rich cream, mix well together stop the gravy from boiling and add the thickening, stir for one minute over the fire but do not let it boil Pour over the fillet and serve very hot

**Beef, Galantine of** — Mix together  $\frac{1}{2}$  lb of bread-crumbs, 1 lb of sausage meat, some chopped parsley, thyme, marjoram, seasoning, six eggs and spice Cut a piece of corned beef, weighing about 5 or 6 lbs, into a large, thin sheet, season with pepper and salt, spread the force-meat over it, sprinkle some mushrooms over the meat, and roll it up very tightly, tie in a cloth, and boil on a slow fire for five hours, when done take it up and place between two dishes with a weight on top, when cold trim the ends and glaze

**Beef au Gratin, with Macaroni** — This is one of the best ways to serve beef which has been used, the day before, to make broth, or, in fact, any kind of left-over beef Cut the meat in thin slices, butter well a baking-pan and place them in it, each slice lapping over the other Leave sufficient room around the baking-pan for the macaroni Cook one table-spoonful of chopped onion in two table-spoonfuls of butter for four minutes do not brown Remove from the fire, and add one table-spoonful of chopped parsley one teaspoonful of salt, one salt-spoonful of pepper, add one gill of beef broth, and mix Pour over the meat in the baking-pan Put  $\frac{1}{2}$  lb of macaroni in two quarts of boiling water seasoned with one teaspoonful of salt, add one teaspoonful of butter

Cook forty-five minutes Remove and drain well, put it back in the sauce-pan with one table-spoonful of butter,  $\frac{1}{4}$  lb of grated Swiss or any other dry cheese, one salt-spoonful of black pepper Mix well, and have it as hot as possible without boiling Arrange it around the baking-pan Sprinkle all over the dish two table-spoonfuls of the grated cheese mixed with two table-spoonfuls of white bread-crumbs Finish on the top with one table-spoonful of butter divided in small pieces Place in the hot oven for twenty minutes Send the platter as it is to the table

**Beef Hash** — Two parts of cold roast beef, freed from fat and chopped fine, one part of cold potatoes, chopped fine, a little pepper, salt, milk, and melted butter Turn into a frying-pan and stir until it is heated through but not brown, put into a deep dish and form into a hillock Or cease stirring for a few minutes, and let a brown crust form, then serve in a round dish with the crust uppermost The hash may also be served on small squares of toast

Corned Beef Hash is made in precisely the same way never allowing however, a crust to form, serve with poached eggs on top

**Beef Heart** — Wash the heart in several waters clean the blood carefully from the pipes and put it to soak in vinegar and water for two hours or more Drain it and fill it either with force-meat or sage-and-onion stuffing Fasten it securely tie it in a cloth put it into a pan of boiling water and let it simmer gently for two hours Take off the cloth and roast the heart while hot, basting it plentifully with good dripping for two hours longer Serve with good brown gravy and currant jelly, if veal force-meat has been used and apple jelly if the heart has been stuffed with sage and onions The stewing may be omitted and the heart simply roasted for three or four hours but the meat will not then be so tender

**Beef, Jellied** — Soak and clean four calf's feet, boil until done, strain and separate the meat from the bones, and set aside to cool, pour the liquor into a jar, and when cold remove the grease. Take a shank of beef and boil it until the meat fills in pieces, remove it from the liquor. Cut the meat from the calf's feet and the beef into small pieces, put the jelly into a pan, add to it the meat, mix well together and heat to the boiling point. Season with red pepper and salt to taste, pour into a mould to set.

**Beef Kidney, Stewed** — Soak two nice beef kidneys in cold water one hour then with a very sharp knife cut them in small pieces taking care to reject all fat and gristle. While cutting the kidneys throw each bit as cut into cold water. Wash them well and put them in a saucepan with a pint of cold water to each kidney. Slice a small onion, add also two bay-leaves two or three sprigs of parsley, and celery stalks if you have them. If not add instead a teaspoonful of celery seed and two or three cloves. Skim when it boils up, then cover and simmer slowly three hours. Turn into a dish. If wanted for breakfast the next morning, make a roux of a table-spoonful of butter and flour and heat thoroughly. Season with salt pepper, Worcestershire sauce and lemon juice. Serve very hot with bits of lemon.

**Beef Liver Scallops, Broiled** — Cut in thin slices 2 lbs of fresh beef liver. Pour in a plate three table-spoonfuls of melted butter, one heaping teaspoonful of salt and one salt-spoonful of black pepper. Beat well, and dip each slice in it on both sides. Have one pint of freshly made bread-crumbs roll the slices in it put over the broiler and broil them three minutes on each side. Remove the rind of 1 lb of bacon, cut it in very thin slices and broil them two minutes on each side. Dress the scallops on a hot platter, one overlapping the

other and the broiled bacon around it. Chop fine one table-spoonful of parsley, and mix it well with two table-spoonfuls of melted butter. Warm up one table spoonful of vinegar, add, and serve as a sauce.

**Beef à la Mode** — Tie up a small round of beef to keep it in shape, make a stuffing of bread, butter, and any seasoning you like, as you would for a fowl cut holes in the beef with a skewer, and put in half of the stuffing, tie the beef up in a cloth and just cover it with water, and let it boil an hour and a half, or until it is tender then turn the liquor off and let the beef brown over a slow fire turn it often, keeping enough gravy in the bottom of the pan to prevent the meat from becoming too dry. Baste it well from time to time. Then tie it out and add a little water, into which lay the rest of the stuffing, made up into balls. When done, they are served in the same dish as the beef and are ranged around it so as to be symmetrical. A garnish of sliced carrots and pickles improves both looks and flavor of the beef.

Another way — Select about 6 or 8 lbs out of the round, free of bone, and a tender, juicy piece. Cut gashes in it so as to go nearly all the way through, and insert strips of fat salt pork about half an inch in thickness. If possible, pull the pork through on the under side. Season with salt and pepper. Tie as tightly together as possible with strong twine, making the meat as round and compact as you can. Allow two table-spoonfuls of whole cloves to this quantity of meat, sticking them on the outside. A few blades of mace stuck in are an improvement, and garlic, if wished. When the meat is prepared, put it into a large stew-pan, setting it on the back part of the stove, and adding no water, as the essence of the meat soon runs out. Let it cook slowly five hours, keeping it covered all the time, and turn it once or twice. When nearly done, pour over it three table-spoonfuls of

lemon-juice and half a gill of strong brandy, basting it every few minutes. When done, remove the strings.

**Beef à la Mode, Cold** — With a large larding-needle lard a rump piece of beef weighing about 4 lbs with  $\frac{1}{2}$  lb of larding-pork cut in a dozen strips. Tie the meat to give a perfectly round shape. Melt two table-spoonfuls of butter in a saucepan, and put in the meat, with one carrot and two large onions, sliced. Brown the meat well on all sides for fifteen minutes. Pour over a quart and a half of warm bouillon, one large glassful of white wine, and add two calf's feet that have been previously cut in four pieces and boiled for ten minutes in salted water. Season with one-half table-spoonful of salt, one salt-spoonful of pepper, two cloves, and a bouquet. Leave the cover of the saucepan slightly loose and cook slowly but constantly for two hours and a half. Add three bunches of very small new carrots. Cook half an hour more. Remove the meat to a round china bowl and take off the string. Bone the calf's feet, place the nicest pieces upward alongside of the edge of the bowl, put one carrot straight up between each piece of calf's foot so as to make a crown around the meat afterwards adding the remaining small pieces. Strain the gravy which should be clear, through a silk strainer or a clean napkin previously dipped in cold water. When it has stood in a cool place for two hours skim and pour over the meat. Be careful not to disturb the symmetry of the dish. The next day turn out carefully on a round platter; it should be in one solid piece with the gravy transparent. To garnish with small tomatoes put the latter in a saucepan with enough cold water to cover them, and boil slowly for ten minutes. Remove the skins and cool them. Cut a small round piece from the stem end, empty the seeds, drain well and sprinkle with a little salt. Put in each one table-spoonful of the gravy

of the meat and two small carrots. Set on ice until ready to serve, then arrange them around the meat. If no bouillon is at hand, one good teaspoonful of meat extract diluted in the same quantity of warm water as that of bouillon may be substituted. Double the quantity of salt and pepper. Do not omit the wine, which makes the meat more tender and absorbs the fat.

**Beef Ox-tail with Purée of Lentils** — Cut in pieces two inches long two ox-tails, wash well in cold water, and drain them. Put them in three quarts of cold water, boil for ten minutes, drain and dry them with a clean towel. Put them in a saucepan with two table-spoonfuls of butter,  $\frac{1}{2}$  lb of bacon cut in small pieces, dice-like, one large carrot, two red onions cut in thin slices. Put over a brisk fire for twelve minutes stirring so that every piece will brown, season with one teaspoonful of salt, one salt-spoonful of black pepper, a bouquet of three sprigs of parsley, one branch of celery without leaves, two cloves, one small bay-leaf, and a tiny branch of thyme. Cook one hour and fifteen minutes, remove the pieces and let them cool off. Keep the broth aside to be used later on as a soup, then dip each piece in two table-spoonfuls of melted butter and then in white bread-crumbs, do this twice, and afterwards pour a little butter over each. Broil them over a moderate fire for twenty minutes. Have this purée of lentils prepared beforehand. Wash well one quart of lentils. You should look them over carefully and put them in a saucepan with two quarts of cold water, two whole red onions, one teaspoonful of salt, one salt-spoonful of pepper, a bouquet of one small bay-leaf, three sprigs of parsley, one small branch of celery, and two cloves. After they have started boiling, remove to a slow fire and cook three hours. Add every hour a quarter of a glass of cold water; this will make them taste

like fresh ones and swell them up.

After they are done, pass them through a strainer, to make the purée very fine, add a little of the broth from time to time to help the straining. Put the purée back in a clean saucepan long enough to warm, add two table-spoonfuls of very fresh butter. Do not boil. Serve this around the ox-tail. Arrange over it the small slices of bacon from the broth. By adding the remaining broth of the lentils to the ox-tail broth, it will make a very wholesome soup. Put one table-spoonful of butter in the soup-tureen and strain the broth over, crushing everything through the colander. A few dice of bread browned in butter will give it a nice finish. Dry beans cooked in the same way are very good.

**Beef, Pressed** — Take any number of pounds of the brisket of beef as lean as can be obtained and nicely salted. The beef may be bought salted of the butcher or it may be salted at home. To do this dissolve  $\frac{1}{4}$  oz. of saltpetre in a little water and mix with it 2 lbs. of common salt and  $\frac{1}{2}$  lb. of moist sugar. Rub this pickle into the meat every morning for eight days, and turn it over each day. Take it from the pan drain and bone it. The butcher will do this if desired. Put it into a saucepan with as much lukewarm water as will quite cover it, and put with it an onion stuck with two cloves, a large carrot, and a bay-leaf. Let the water boil up once, skim carefully then draw the saucepan quite to the side of the fire and simmer the meat as gently as possible till it is done enough. Lift the saucepan quite away from the fire, and leave the meat in the liquor for half an hour. Take it out carefully, drain it, place it between two flat dishes, and put a heavy weight on the top. Let it remain until the next day. Take off the weight and glaze the beef. Place the jar with the glaze in a saucepan with about two inches of boiling water, and let it steam until the glaze is dissolved. The water in the sauce-

pan must not be allowed to flow over into the jar. Take an ordinary brush which has been soaked in hot water to make it soft and with it cover the surface of the meat entirely with the dissolved glaze. It ought to be laid lightly on rather than brushed on so as not to show the marks of the brush. When one coating of glaze is quite stiff give the meat a second one and if liked, a third. Place the meat on a dish, garnish with parsley, and it is ready for serving. Time to simmer the meat, half an hour per pound from the time the water boils after the meat is put in.

**Beef, Ragout** — Take equal quantities of good gravy and boiling water — a pint in all. Pour it into a stewpan in which 2 lbs. of cold roast beef, sliced have been put. Add five or six small onions some mixed spices, pepper and salt to taste, and let the whole stew very gently until tender, which will be in about two hours. Before serving add capers and pickled walnuts to the gravy.

**Beef Rissoles** — Cut slices from the roasted joint, or take pieces of beef-steak left from dinner, chop them very fine, freeing them from all bits of gristle. If salt pork is liked chop a slice of it with the beef. To one teacupful of beef add one teacupful of grated bread, if it is very stale, moisten it with milk, and chop with the meat, add one well-beaten egg salt pepper, a sprinkle of allspice, and, if desired, a small onion, finely chopped, for flavoring. Mix all well together, if the bread used is not softened, add two table-spoonfuls of sweet milk, flour the hands and roll up the mixture into good sized balls, fry in hot lard or in beef drippings. Serve on a platter, and garnish with sprigs of parsley and pickled beet-root sliced. Mutton, lamb and veal can be used instead of beef.

**Beef, Roast (English)** — The fore-rib is the best roasting piece. Put the meat down before a nice, clear fire, put some dripping into the pan, dredge

the joint with a little flour, and keep continually basting. When thoroughly done, put upon a hot dish, and sprinkle a little salt over the joint. Pour a little boiling water into the dripping, season with pepper and salt, and strain it over the meat.

**Beef, Roast** — While roasting before a fire is unquestionably the best method, few American kitchens are arranged for this. As a rule, "roast beef" means baked beef. The most expensive cuts are the sirloin and tenderloin, then the rib roasts. The meat should be bright red, the fat white and in streaks. If the roast is rolled have the butcher send the bones with the roll. They will serve for making soup stock. The best sauce for roast beef is the juice of the meat with the fat drained off. Put the roast on a rack which will keep it from the bottom of the pan. Dredge it top and sides with flour (The dredging with flour is frequently omitted.) Put two table-spoonfuls of dripping in the pan, with a little salt and pepper. The oven should be very hot for the first quarter of an hour after that shut off the draughts and keep the oven moderately hot, baste frequently. Time for cooking a 6 or 8 lb rib roast rare, about ten minutes to the pound; a rolled roast, about twelve minutes to the pound.

**Yorkshire Pudding** (to serve with roast beef) should be brown and crisp and is served hot with the roast beef. When the joint is within twenty minutes of being done pour off the fat, place the joint on the wire stand in the centre of the pan and pour the pudding batter all round the meat and bake from twenty to twenty-five minutes. Enough batter for four people consists of one pint of milk, one tea-cupful of flour, four to six eggs and salt to taste. The eggs should be beaten separately, the whites added last.

**Beef, Round of, Spiced** — One ounce of powdered cayenne pepper,

$\frac{1}{2}$  oz of cloves,  $\frac{1}{2}$  oz of allspice and two nutmegs. Rub into your beef first 1 oz of saltpetre, then a cupful of sugar and two handfuls of salt. Break up the spices fine, and add them, laying the round in a large bowl or other covered vessel tight enough to hold the brine that will be formed. Turn the beef every morning, rubbing the spices in with the hand. It may be cooked in a fortnight, or left for six weeks. Stew in a pot, with beef suet stewed fine over it. Add some beef gravy or a quart of water and a bottle of port wine or claret. It must be done slowly, taking care to keep in the steam. It will require three or four hours, perhaps five, according to the size. Cook it also in the pickle drawn from the beef, adding three or four gallons of boiling water. Take care that the beef does not touch the vessel in which it is boiled. If you choose, you may tie it in a cloth, or wrap it in a coarse paste made for the purpose.

**Beef, Rump of (bouilli fashion)** — Take the bone out of a rump of beef, wash the beef, and then pour a gill of vinegar over it. Dredge it well with flour and put it into a pot large enough to turn conveniently, pour over it three pints of water, then put the pot over the fire until it boils. Prepare and cut into small pieces cabbages, carrots, potatoes, and turnips and add to the beef, also two onions sliced and a sprig of sweet marjoram. Season all with two table-spoonfuls of salt and nearly one of pepper. It should be kept stewing constantly but slowly at least five hours. As there will not be liquor enough to cover the beef, it should be frequently turned over in the pot. Pickled capers, or cucumbers cut into small pieces, are a great improvement to the sauce.

**Beefsteak**. — A nice way of cooking beefsteak is to lay it on the bottom of the dripping-pan in the oven. Have ready in a large plate a lump of butter with boiling water poured over it.

As soon as the steak warms up, pour this into the dish, turn it over two or three times, pressing it down with the knife. The oven should not be too hot, and for a 3-lb piece it will take about half an hour to cook. Taste it often, and at the last add salt and pepper to the water. You can make a thickened gravy, if you desire, of the water and butter in which you broiled it. Steak cooked in this way is very tender and juicy.

**Beefsteak in Batter** — Have the butcher cut a couple of steaks not more than a quarter of an inch thick. The nicest are, of course, filets mignons or slices cut from the tenderloin but ordinary porter-house or "short" or "Delmonico" steak may be used, if the meat is tender. Each should be about three or four inches square. Make a batter of a cupful of flour, a table-spoonful of cold water, a beaten egg, and a salt-spoonful of salt. Dip each slice of beef in this, drop into boiling, deep fat, cook to a golden brown, drain, and serve.

**Beefsteak, Hamburg** — Two pounds of lean beef cut from the round, and have your butcher chop it fine. Mix with it two teaspoonfuls of minced onion, salt and pepper to taste, and a teaspoonful of minced parsley. With the hands form this mixture into cakes or balls. Fry brown in a little butter or clarified dripping. Arrange the cakes on a platter, and set them in the oven while you make a sauce as follows: Cook in a saucepan a table-spoonful each of browned flour and butter. When they bubble, pour upon them a half-pint of beef stock, and stir to a smooth brown sauce. Season with salt, pepper, and a little kitchen bouquet. Pour this sauce over and around the steaks.

**Beefsteak with Mushrooms** — Broil your steak over a clear fire. Before you put it on, open a can of mushrooms, take out half of them, and cut each mushroom in two. Sauté them in a frying-pan with a little butter,

unless you have a cupful of bouillon or clear beef soup or gravy at hand. Let them simmer in this for ten minutes and when you dish your steak pour gravy and mushrooms over it. Leave it covered in the oven five minutes before sending to table.

**Beefsteak with Onions** — Select a cut of one and a half inch in thickness and weighing about 3 lbs from a rump of beef. Lay the steak over the meat-board, and with the rolling-pin beat it on each side for one minute. This will make the meat more tender. Season each side with one levelled teaspoonful of salt and one salt-spoonful of black pepper. Put in a skillet two large table-spoonfuls of butter, and when hot, not brown, put in the steak. Cook fifteen minutes on each side, not fast, uncovered. Be careful when turning the meat not to prick it, in order to retain all the juice. Prepare beforehand one pint of large red onions. Peel them, and cook whole twenty minutes in plenty of boiling water seasoned with salt. Drain them well, and slice quite fine and evenly. Remove the steak in a platter, keep warm in the oven, with door open. Put the sliced onions in the saucepan with the gravy of the steak. Spread them and cook them to a golden color. Bake two bunches of medium-sized red beets as you do potatoes. Peel and slice them, add to the onions just long enough to warm them through. Spread over one teaspoonful of salt, one salt-spoonful of black pepper, one and a half table-spoonfuls of wine vinegar and mix gently, so as not to break the vegetables. Dress around the meat, sprinkle over it one table-spoonful of finely chopped parsley. Serve very hot.

**Beefsteak with Oyster Sauce** — The steak should be about an inch thick, tender, and juicy. Have the gridiron hot and rub with a small piece of butter to prevent the meat sticking. Broil it carefully and do not season until done. Then lay in a dish, cover tightly, and keep it hot. In a very little juice,

stew twenty or thirty oysters, season, and add a little cream, pour hot over the steak, and serve

**Beefsteak Pie** —Take a pie-dish according to the size required, 2 lbs of fresh rump steak cut into long, thin strips will make a good pie, lay out the strips with a small piece of fat on each, a seasoning of salt and pepper, and a dust of flour, two teaspoonfuls of salt and one teaspoonful of pepper will be sufficient for the whole pie, roll up each strip neatly and lay it in the dish, and between each layer sprinkle a little of the seasoning and flour, a shred onion or shallot is sometimes liked, and a few oysters will be a great improvement, put an edging of paste round the dish, and pour in water enough to cover the rolls of meat, and lay a crust of about half an inch thick over all, ornament the top tastefully, and bake for two hours in a moderate oven

**Beefsteak, Savory** —Take 2 lbs of beefsteak, slice it thin and cover it with stuffing made as follows Rub 1 oz of dripping into six table-spoonfuls of stale bread-crumbs mix with a little sage, two small onions chopped very fine a little pepper and salt, mix with cold milk, roll up the steak, and fasten with a string to keep the stuffing in. Roast before a brisk fire, and baste with dripping

**Beefsteak, Sirloin** (in chafing-dish) —A cut from 2 to 2½ lbs will make a delicious steak sufficient for six persons being a change from roast beef It is easily cooked on the chafing-dish Put an earthen cocote directly over a moderate flame Put one table-spoonful of butter in it Season the meat with one salt-spoonful of salt and half a salt-spoonful of pepper on each side When the butter is melted, put in the steak Cook each side twelve minutes not covered When you turn over the meat be careful not to prick it, so that it shall retain all its juice Mix one teaspoonful of finely chopped parsley with one

table-spoonful of fresh butter, and add a dozen drops of lemon In about twenty-four minutes put out the flame and spread this butter over, serve directly in the cocote

**Beef Stew, Irish** —Put slices of lean beef in a stewpan with plenty of water or beef stock Add two or three onions cut in quarters a little celery in small pieces, some cold potatoes whole, or if very large cut in quarters, salt and pepper to taste Let the stew simmer gently until the potatoes are soft and have absorbed most of the gravy

**Beef Stew with Okra.** —Take scraps of cold meat from bones of beef, break the bones, put in a pot, and cover with cold water Boil and skim take out the bones, season with salt and pepper, put in half a gallon of chopped okra, one onion one potato and one teaspoonful of extract of celery Let boil until the vegetables are cooked, put in the meat, chopped fine, let heat, and take up

**Beef Stew with Tomatoes** —Slice 3 lbs of lean beef and seven moderate-sized tomatoes with one onion Cut the tomatoes up into small pieces, and chop the onion fine Stew slowly, add salt, a few cloves, and, just before it is done, a little butter and half a gill of catsup

**Beef-tea from Fresh Meat** (Baron Liebig's recipe) —Take 1 lb of lean beef, entirely free from fat and sinew, mince it finely and mix it well with one pint of cold water Heat very gradually for two hours At the end of that time add half a teaspoonful of salt and boil gently for ten minutes Remove the scum as it rises This is beef-tea pure and simple When a change of flavor is required, it is a good plan to take 1 lb of meat, composed of equal parts of veal, mutton, and beef, and proceed as above Or, instead of using water, boil a carrot, a turnip, an onion, and a clove in a pint of water, and when the flavor is extracted strain the liquid

through a fine sieve, let it get quite cold, and pour it upon the minced meat, soaking and boiling it for the same time

**Beef, Tenderloin of**—To serve tenderloin as directed below, the whole piece must be extracted before the hind-quarter of the animal is cut out. This must be particularly noted, because not commonly practised, the tenderloin being usually left attached to the roasting pieces, in order to furnish a tidbit for a few. To dress it whole, proceed as follows. Washing the piece well, put it in an oven, add about a pint of water and chop up a good handful of each of the following vegetables as an ingredient of the dish, viz Irish potatoes, carrots, turnips, and a large bunch of celery. They must be washed, peeled, and chopped up raw, then added to the meat, blended with the juice they form and flavor the gravy. Let the whole slowly simmer, and, when nearly done, add a teaspoonful of pounded allspice. To give richness to the gravy, put in a table-spoonful of butter. If the gravy should look too greasy, skim off some of the melted suet. Boil also a lean piece of beef, which, when perfectly done chop fine, flavoring with a very small quantity of onion besides pepper and salt to the taste. Make into small balls, wet them on the outside with egg, roll in grated cracker or fine bread-crumbs. Fry these force-meat balls a light brown. When serving the dish, put these around the tenderloin, and pour over the whole the rich gravy. This dish is a very handsome one, and altogether fit for an epicurean palate.

**Beef and Tomato**—Take 3 lbs of lean beef cut into large steaks, lay it in the stewpan with seven or eight ripe tomatoes a spoonful of water, and a finely chopped onion. Stew slowly for one hour and a half. Add salt pepper, cloves, and, just before dishing, a piece of butter as large as an egg and half a gill of catsup.

**Beef Tongue**—Trim a smoked tongue and cover it with cold water. Let this come to a boil, pour off the water, and fill the pot up again with cold water. Let this come to a boil, then allow it to simmer two hours. When done, remove the skin, cut it in neat, thin slices. Place them on a hot dish as near the original form as possible. Serve with macaroni.

**Beef Tongue**—Put a fresh tongue in water sufficient to cover it, and let it simmer for six or seven hours, skim the gravy well, half an hour before dishing it, add half a wine-glassful of walnut catsup, a little mace, and a few cloves to the gravy, and stew them awhile together.

**Beef Tongue with Aspic Jelly**—Boil a tongue in the usual way, and either roll it or fix it on a board till quite cold. Take a pint of the liquor in which it was boiled, perfectly free from fat and sediment, and put it into a stewpan with a small sprig of thyme, three shallots a bay-leaf, a small piece of mace, three cloves, and 2 ozs of gelatine. Stir it until the latter is dissolved, then lift it to the side of the fire and let it cool. Beat the whites of two eggs with a cupful of cold water and a teaspoonful of tarragon vinegar. Stir this into the liquor and when it is very hot leave it to boil and let it boil gently for a quarter of an hour without being touched. Lift it from the fire, and let it stand to settle for ten minutes longer, then strain it through a jelly-bag till clear. Glaze the tongue, put it on its dish, and ornament with the jelly cut into cubes. Time to make the aspic, about an hour and a half.

**Beef Tongue, Smoked, à la Mari-gold**—Cut into medium slices a small smoked tongue, place a layer on a plate, and sprinkle over it dry mustard, a little cayenne pepper, two teaspoonfuls of olive oil and part of the juice of a lemon and its grated rind. Place over this another layer of



tongue, and season as before. Let it stand for five or six hours. Put one table-spoonful of butter in the chafing-dish, and when it bubbles add one heaping table-spoonful of flour, then add one pint of stock. When smooth, season with pepper and salt to taste, place the layers of tongue in the chafing-dish, and let simmer for fifteen minutes.

**Beef Tongue, Spiced**—Wash and trim a large beef tongue, rub it with a mixture of half a pint of sugar, half a teaspoonful of saltpetre, a table-spoonful each of ground cloves and allspice, with a teaspoonful of black pepper, place in a strong brine, let stand two weeks, take out, wash in cold water, and wipe dry. Roll the tongue in a thin paste made of flour and water, put in a dripping-pan, and set in a moderate oven to bake baste with lard and water. When done remove the paste, skin, and stand aside until cold. When ready to serve, slice very thin.

**Beef Tongue Toast**—Take cold boiled tongue, mince it fine, mix it

with cream. To every half-pint of the mixture allow the well-beaten yolks of two eggs. Place over the fire and let it simmer a minute or two. Have ready some nicely toasted bread, butter it, place on a hot dish, and pour the mixture over. Send to table hot.

**Beef Vinaigrette.**—Rub one tea-spoonful of sugar, one table-spoonful of mustard, with salt and pepper to taste, into the yolks of two eggs, add three table-spoonfuls of vinegar, set in a bain-marie, and cook until it is of the consistency of cream, allow to cool. Boil 4 lbs of beef brisket until quite tender, when cold, dish on a flat plate and cover it with the vinaigrette sauce, sprinkle over it chopped parsley, pickles, and a little shallot.

Beef, Force-meat of	See Force-meats
Bouillon	See Soups
Broth	
Soup	
Tea	
Tripe.	See Tripe

**Beets**—The following recipes for cooking beets will be found under their respective headings as indicated.

Beets, Boiled	See Vegetables
Stewed	
Salad	See Salads

Belvidere Cakes	See Bread
Berries	See Fruits
Berry Pies	See Pies
Betty's Muffins	See Bread

## BEVERAGES

### TEA COFFEE, CHOCOLATE HOME-MADE CORDIALS, ETC

**Blackberry Cordial**—To one gallon of pure blackberry-juice add 2 lbs of loaf-sugar a table-spoonful each of ground cloves and allspice, two grated nutmegs and one tea-spoonful of ground cinnamon. Boil slowly for half an hour, take from

the fire, let cool and add a pint of good French brandy, then bottle.

**Blackberry Vinegar**—One quart of blackberries to one of sharp vinegar. Let them stand a day. Squeeze out the juice. Add to this, two days in

succession as much fruit as the vinegar will hold, each time pressing out the juice. To each quart of the vinegar thus prepared put 2 lbs of sugar, and boil about ten minutes. When cool bottle and seal.

**Blackberry Wine** — Fill a large stone jar with ripe berries and cover with water. Tie a cloth over the jar, and let stand for three or four days to ferment, then mash and strain through a coarse cloth. To every gallon of juice add 3 lbs of brown sugar, cover, and skim every morning until clear of fermentation, pour off carefully from the sediment into a demijohn cork, and set in a cool place. Ready in two months.

**Champagne Cup** — Pour a bottle of champagne into a silver or glass cup large enough to hold three quarts. Add to this two bottles of soda or seltzer water, a table-spoonful of brandy, and 16 ozs of pounded ice. Stir it well with a silver spoon, and add, last of all, a table-spoonful of finely sifted sugar. A slice of pineapple or juice of an orange may be added.

**Chocolate** — To one-half pint of boiling water add 2 table-spoonfuls of chocolate scraped up. When half done put in half a cupful of fresh milk, stir with a wooden spoon until the milk has boiled up once. Sweeten to your taste either while cooking or when served on the table. This is only the quantity for one cupful.

**Chocolate Frappé** — Place over the fire in a double boiler three pints of rich milk, break three-quarters of a pound of sweet chocolate into small pieces on a plate and put it in the oven, leaving the door open, until the chocolate is melted. When the milk boils, gradually stir in the melted chocolate. Take it from the fire and stir until the mixture is partly cool, then beat in one pint of cream whipped to a stiff froth. If not sweet enough, add more sugar. Flavor

with vanilla and a dash of brandy. Turn it into a packed ice-cream freezer and partly freeze.

**Cider Cup** — Put a slice of crumb of bread toasted at the bottom of a large jug, grate half a small nutmeg over it, and place on it two or three slices of thin lemon-rind and half a dozen lumps of sugar. Pour over it two wineglassfuls of sherry, one of brandy, the juice of a lemon, a bottle of soda-water, and, last of all, a quart of cider. Mix well, and add a few lumps of pure ice. This should be used as soon as it is made.

**Cider for Winter Use (Sweet)** — The simplest mode of preserving cider is to boil it down until only two-thirds of the original quantity is left, when it will keep indefinitely, but is too sweet to be enjoyed much as a beverage. Every housekeeper would find it convenient, however, to have some gallons on hand, thus prepared, for various uses. Sweet cider is an indispensable ingredient of mince-meat, and will be found to improve the taste and color of calf's-foot and gelatine jellies. Add  $\frac{1}{2}$  lb of gelatine to a cask of cider after dissolving. Allow the cider to remain until its first fermentation is over, and it has become perfectly clarified, then rack it off. Let it settle again, rack it off once more, and bottle. Only pure cider, made out of sound, freshly gathered apples, will be good, even when subjected to the above careful treatment.

**Claret Cup** — Pour a bottle of claret into a large jug and add two glasses of sherry, brandy, or any wine, spirit, or liqueur that may be preferred. Put in the thin rind of a lemon and two table-spoonfuls of powdered sugar. Let it stand for half an hour till the sugar is dissolved, then put in a little sliced cucumber. Just before using, add a bottle of soda or seltzer water and a large piece of ice. Sliced nectarines, peaches, or raspberries may be used instead of lemon-rind.

**Cocoa, Iced**—Put in a saucepan six ounces of sugar and one-quarter of a pound of pulverized cocoa, and one quart of water. Boil the mixture until it is like a thick syrup, then remove from the fire and stir occasionally until it is cool, when three table-spoonfuls of vanilla extract may be added. This syrup may be kept in a cool place for several weeks and used as needed. Serve the cocoa in glasses with shaved ice and whipped cream.

**Cocoa Shells**—To a large handful of shells allow one pint of cold water. Let them soak overnight in a warm place. In the morning, boil steadily for one hour. Serve, with boiled milk, hot.

**Coffee.**—A coffee expert, in an article which appeared in the *New York Sun* says: Get good coffee. The larger grocers will have coffee fresh roasted every day or two, and you should never buy more than a week's supply at a time. If your grocer has more than one color of roast, get the bright, or Boston, roast.

Grind the coffee at home, and only enough at a time to make one drawing. For the French coffee-pot, or any other of the filtering pots the coffee has to be ground very fine and this is the first element in their wasteful character. Every appetizing whiff which comes from that mill is just so much lost to the coffee. Everything should have been made ready for the making of the coffee before the grinding was done. Now I will tell you the most important of trade secrets. The water must be cooked. Water that has merely been brought to a boil, for some reason will not absorb the essence freely. For making both tea and coffee the water must be boiled for fifteen or twenty minutes.

Now for the pot. Let it be just an ordinary plain coffee-pot either of tin or granite ware, but be sure that it is clean, and that the tinning or granite enamel is perfect, so that no

iron is exposed. If the iron is exposed it will be certain to make ink with the tinning in the coffee, and your coffee will be spoiled. Put your ground coffee into the pot, and then pour in the cooked water while it is boiling hot. Put in all the water that will be needed at once, so as to have the greatest quantity at hand to absorb the coffee essence. Then let the pot stand on the stove until the water has again come to a good hard boil. Remove it and the coffee is ready. If you want milk, have the milk boiled and remember that milk is better than cream to bring out the coffee flavor.

There is one other good way to make coffee. That is the old-fashioned Yankee method of putting the coffee in the pot with cold water, and leaving the pot on the fire until the water comes to a brisk boil. The Yankee coffee-pot has a whistle on it which blows when the steam comes out and gives notice that the coffee is ready.

**Coffee, made in the pot in which it is served**—Make a bag of thin muslin, and sew it at the top to a metal ring that will fit the top of the table coffee-pot. Fit this to the pot, and pour in boiling water. Let it stand till the pot is heated, pour off the water and put the ground coffee into the bag, allowing four table-spoonfuls to a pint of water. Pour in boiling water very slowly until the pot is full, close the lid, and, when all the water has passed through the grounds, remove the bag and serve. Coffee with an equal quantity of boiled milk, mixed while boiling, is the French *Café au Lait*.

Coffee (the flavor of) is said to be greatly improved and its delicate aroma increased by adding a very little bicarbonate of soda to the water with which it is made. In England many persons habitually use carbonate of soda in making tea, a pinch to a pint of water being the regulated quantity.

**Coffee, Black.**—Use a French coffee-pot or biffin. Put into the strainer of the pot one cupful of finely ground coffee, and pour over this three cupfuls of boiling water. Cover the biffin and set on the side of the range where the contents will keep hot but will not boil until all the liquid has run from the strainer into the pot below. Now pour the liquid from the pot into a heated pitcher, and return it to the strainer again. This process should be repeated three times, by which time the coffee will be clear and very strong.

**Coffee, Cuban.**—Put three pints of rich, sweet milk into a coffee-pot and let it boil. When boiling, put in a teaspoonful of ground coffee and boil five minutes. Strain and serve.

**Coffee Frappé.**—Pour one quart of boiling water on eight large tablespoonfuls of freshly ground coffee and let it stand about ten minutes. Then strain it off and for one quart of coffee add 8 ozs of sugar, one-half pint each of cream and warmed milk. Mix and let it stand until cold. Then turn the mixture into a freezer and let it partly freeze. Serve in glasses, putting a spoonful of very cold whipped cream in each glass. A little brandy may be stirred into the mixture just before serving, if desired.

**Cordials, Syrups, etc., Home-made.**—The domestic liqueur is seldom held in sufficiently high esteem. In the household of city folk it is usually regarded with a half-contemptuous amusement, as an old-fashioned, countrified product, and ranked with such comparatively innocuous brews as root-beer and elderberry wine. Such things, they think, may serve to tickle the palates of the dwellers in country districts, but are almost beneath the contempt of those sophisticated persons who are familiar with Benedictine and Maraschino, Chartreuse, and crème de menthe.

With these rich and high-priced

importations the home-made cordial makes no effort to enter into competition, although a well compounded cherry or peach liqueur is hard to equal either in flavor or stimulating qualities, by even foreign products. But there is a large and respectable class of home-brewed beverages which are palatable in hot weather and valuable in sickness. They are easy to make and are of trifling expense. The labor of picking over the fruit and putting it up for grape shrub, cherry liqueur, raspberry royal, and the like, is no greater than that involved in making fruit jellies and less than that demanded in preparing preserved, pickled, or brandied fruit.

**Cream Nectar.**—Beat 2 lbs of granulated sugar with 2 ozs of tartaric acid. Moisten a level tablespoonful of flour with the same amount of water and rub until it is as smooth as starch. Add another spoonful of water and blend with the acid and sugar before adding one quart of water. Then add the whites of two eggs beaten to a froth. Flavor with any fruit syrups desired. Bottle and cork tightly and keep in a cool place. To a glass three-quarters full of ice-water add two tablespoonfuls of the mixture and one-third of a teaspoonful of soda.

**Cream Soda.**—In a porcelain saucepan or small preserving-kettle put two quarts of water, 3 lbs of white sugar, and  $2\frac{1}{2}$  ozs of tartaric acid, place over the fire, and let it just come to a boil. Beat to a stiff froth the whites of three eggs, and add to the boiling water, etc. Let it boil just four minutes *stirring constantly*, strain, and when cold add one teaspoonful of either lemon, pineapple, or any flavoring essence that is desired, bottle it tightly. Mix two tablespoonfuls of this in half a tumblerful of ice-water, with one-third of a teaspoonful of carbonate of soda.

**Crème de Menthe.**—Chop a quantity of spearmint and place in a

fruit-can, fill with alcohol to the top of the munt, and screw on cover to prevent evaporation. Let it stand from two days to a week. Strain off through thin muslin. Make a syrup by boiling together equal quantities of sugar and water, when still warm, but not hot, take measure for measure of the syrup and strained tincture of mint, bottle and put away for use. In using, fill small cordial glasses with finely crushed or shaved ice, and pour over from one teaspoonful to one table-spoonful of the *crème de menthe*, according to the strength desired. Snow can be used instead of the ice in which case it is to be eaten with a spoon.

**Currant Shrub** — Fill a stone jar with red currants stripped from their stems. Place the jar in a kettle of water. Let the water boil around the jar until the juice is well extracted. Let it drip then through a flannel jelly-bag. To each pint of clear juice add 1 lb of white sugar and half a gill of best brandy. Cork up tightly.

**Currant Wine.** — Put the perfect fruit in a stone crock and crush the fruit, then strain and squeeze out all the juice. To each quart of juice add 3 lbs of granulated sugar stir well and to this amount of juice and sugar add water enough to make one gallon of liquid. Put in demijohns and let it ferment. Have a little quantity extra of the mixture to pour into the jugs as it works over so that the wine will clarify itself. After the wine has ceased to ferment, cork, draw off and bottle.

**Fruit Bouillon** — Stew a quart of cherries in three quarts of water until they are tender. Press through a fine sieve, and add to the liquor half a cup of granulated sugar and return to the fire. Wet a small table-spoonful of corn starch with cold water, and add it to the boiling bouillon. Cook until smooth and rather thick. Remove from the fire, and when cool,

add a half-pint of claret to the bouillon. Serve as punch, in glasses of crushed ice.

**Ginger-pop** — Two gallons of boiling water, 2 lbs of sugar, 2 ozs of cream tartar, 2 oz of root ginger or three table-spoonfuls of Brown & Jamaica ginger, one lemon (cut). Let ingredients stand until milk-warm, then put into a stone jar. Add large slice of stale bread and two cakes of compressed yeast. Allow to remain overnight in a warm place. Strain and bottle, filling bottles only two-thirds full, and fasten corks. Bottles with patent corks are best. In from three to four days the ginger-pop will be ready for use.

**Gooseberry Wine** — Put 3 lbs of loaf-sugar into one gallon of water, boil and skim it. When it is nearly cold put in six quarts of ripe gooseberries that have been well washed. Let it stand two days, stirring it frequently. Steep half an ounce of isinglass in one pint of brandy for two days then beat it with the whites of four eggs until they froth, and add to the wine, stir up and strain through a flannel bag into a cask or jug. Fasten it so as to exclude the air. Let it stand six months, and bottle tightly, adding two or three raisins to each bottle.

**Grape Wine** — The small wild grape known to boys as the "bird grape" never attains its full sweetness until after the fall of frost and makes an excellent wine for culinary purposes. Mash the grapes in a large bowl or tub with a mallet, and keep them in a warm place until there is some sign of fermentation setting in, then strain the juice by dripping through a flannel bag. To three quarts of juice add one quart of water and 3 lbs of light-brown sugar. If you put it away in a demijohn, select a warm dry closet and tie up the mouth closely with a piece of thin muslin. Do not cork up tight until the whole process is complete. It

will be all the better if fermentation ensues speedily, but if the place of deposit is not warm enough, as soon as the first warm days of spring come it will go on to ferment, and not be injured by the delay.

**Lemon Syrup** — Three-quarters of a quart of lemon juice and one-quarter of water, 4 lbs of the best white sugar to every quart of the mixture boil fifteen or twenty minutes. The juice must be strained through flannel before boiling, for if any of the pulp or rind should be corked with it the syrup will be bitter.

**Orangeade** — Impregnate a few lumps of loaf-sugar with the oil of orange by rubbing into them as much as you can readily from the rind of four oranges. Roll as many oranges as you design to use squeeze the juice allowing eight to one quart of water. Throw the skins into half a pint of water as you squeeze them, let them stand a short time, press them a little, and add this water to the other juice. The very highest-flavored oranges should be selected, and if not found sour enough to impart an agreeable acid, lemon-juice may be added, with the caution that it must not be used freely enough to impair the distinct flavor of the orange. The oil should only be slightly rubbed from the oranges. Allow about  $\frac{1}{2}$  lb of sugar to the quart of orangeade.

**Peach Liqueur** — Take very ripe, full-flavored peaches, wash but do not peel them, cut in slices, put in a stone jar and set the jar for six hours in a kettle of boiling water. Cover the peach-kernels with brandy, and let stand till next day. Strain off the juice from the peaches, taking care not to squeeze the fruit hard enough to make the liquid muddy. Measure the juice, and for each pint take a generous pound of the best refined sugar. Put sugar and juice together, and let stand until next day, then bring the mixture to a

boil, skim it very thoroughly, and strain it again through a bag of double cheese-cloth. When it is cool add to it the brandy in which the kernels have soaked, putting one pint of spirit to two of syrup. Let it settle, and if not perfectly clear strain again. It ought to be either a clear pink, a bright pale yellow, or white, according to the fruit used. Use clear glass bottles. Put in the bottom of each half a dozen peach kernels, also a blade of mace tied to a bit of yellow lemon-peel, and a fragment of stick cinnamon. Cork seal, and keep in a dark place. The liqueur improves with age.

**Punch, Hot (French fashion)** — Pour in a clean saucepan one quart of California claret  $\frac{1}{4}$  lb of sugar, a piece of cinnamon (half a finger-length), the strained juice of two lemons and of three oranges. Let it come to the boiling-point. Have a glass pitcher warmed to prevent its cracking when you pour in the hot punch. After it is poured into the pitcher, add two slices of orange and two of lemon cut in small pieces, place a small bunch of mint on the top of the pitcher sprinkled with powdered sugar. Serve hot.

**Punch, Milk** — Put the thin rind of half a small lemon into a pint of new milk, with twelve or fourteen good-sized lumps of sugar. Let it boil very slowly to draw out the flavor of the lemon, then take it from the fire, remove the rind, and stir into it the yolk of an egg mixed with a table-spoonful of cold milk, two table-spoonfuls of brandy, and four of rum. Beat these thoroughly together, and when the mixture is frothed it is ready to serve. Time to prepare, half an hour.

**Punch, Pineapple** — Cook 1 lb of sugar in one quart of water until the sugar is dissolved, and then take from the fire and cool. Peel one large pineapple and grate it into a good-sized bowl. Add the juice of

three lemons and the pulp and juice of one orange. Add the cold syrup and one pint of cold water. Put this in the refrigerator for an hour. Place in a punch-bowl a large block of ice and pour the mixture over it, add two table-spoonfuls of sherry and one of brandy if desired. If a bit of color is wanted, throw in a few large strawberries.

**Quince Wine**—Grate the best and ripest quinces you can find, just as you would for marmalade. Strain the juice carefully through a flannel bag, first taking it through a muslin one, as the flannel furs up so soon. If a very sweet wine is desired, allow 4 lbs. of white sugar to every gallon of the juice. If rather sour is preferred, 2 lbs. of sugar will be sufficient. Stir it well after adding the sugar. Let it stand in jugs or kegs filling up from another as it froths over. When quiet, bottle it. It can be used at once, but is better when older. About two years from the time of making if not disturbed until then you will have a bright, sparkling wine more like champagne than home-made wine from any other fruit.

**Raspberry Royal**—Three quarts ripe red raspberries, and one quart good cider vinegar. Let them stand together twenty-four hours then squeeze, strain and measure. To each pint of the liquid allow 1 lb. of white sugar. Put all together in a preserving-kettle and boil half an hour skimming constantly until clear. When cool add to each quart of the shrub a full gill of French brandy. Bottle and seal.

**Raspberry Vinegar**—Take one quart of the best cider vinegar add to it two quarts of ripe raspberries. Let it stand twenty-four hours mash the berries and strain adding two quarts more fruit after straining let it stand one day mash and strain putting in two quarts of fresh fruit. When these have stood twenty-four hours, strain, put 1 lb. of sugar to

one pint of juice, boil fifteen minutes, removing the scum. Bottle at once.

**Sangaree, Frozen**—Nothing can be more refreshing at the dinner-table in hot weather than claret or port wine made into sangaree with proportions of water, sugar and nutmeg as taste shall direct, then frozen, with the addition of a few whites of eggs beaten to a froth.

**Sherbets, Frozen**—See Ice-creams, etc.

**Sherbet, Lemon**—Rub the yellow rind of five small lemons with  $\frac{1}{4}$  lb. of loaf-sugar. Crush the latter to powder put it into a saucepan with a pint of water and simmer gently until the sugar is dissolved. When cold add the strained juice of the lemon. Take out the rind and, in the usual way, serve in glasses. Time a quarter of an hour to simmer the syrup.

**Sherbet, Orange**—Make a rather strong orangeade, being careful not to put too much water to it, as the ice will dilute it. Add one lemon to every four oranges and sweeten to taste. Slice the half of a medium-sized pineapple and put in taking care not to mash it or let it break up to this put a few drops of the real extract of vanilla and ice sufficient to make it cold.

**Sherbet, Persian**—Boil six or eight stalks of green rhubarb and  $\frac{1}{4}$  lb. of raisins or figs, cut into slices in three pints of water. When the liquid has boiled gently for half an hour strain it through muslin, and stir into it as much lemon or orange syrup as is agreeable to the taste, and a few drops of rose water or orange-flower water.

**Sherbet, Raspberry**—One pint of sugar and one and one-half pints of water boiled twenty minutes add one pint of crushed raspberries and the juice of two lemons and remove

from the fire When cold, strain through a sieve

**Strawberry Acid** — Dissolve 10 ozs of tartaric acid in two quarts of cold water In a large bowl put twelve quarts of strawberries washed and capped The wild ones are to be preferred Pour over them the acidulated water, and let the fruit stand thus undisturbed for forty-eight hours Then let the juice drip through a flannel bag without squeezing Measure the juice To one pint of the acid allow 1 lb of white sugar Allow the sugar and juice to remain together in a large jar until the former is thoroughly dissolved As a slight fermentation may ensue, do not cork at first, but tie up the mouth of the bottle tightly with muslin or gauze, to stand for several weeks until this danger is past In six weeks you may safely bottle and will find that it never spoils although the brilliant color will fade after a time It has the advantage of being ready at a moment's warning Have your glass or pitcher one-fifth part full of the acid, filling up the remainder with cracked ice and pure water You may in this way make drinks of all the small fruits, especially raspberries, blackberries, stemmed currants, and seeded Morello cherries

**Strawberry, Raspberry, or Pineapple Cordial** is used instead of wine with cake Sugar down the berries overnight, using more sugar than you would for the table In the morning lay them in a hair sieve over a bowl, let them remain until evening, so as to thoroughly drain, then put the juice into a thick flannel bag let it drain all night, being careful not to squeeze it as that takes out the brightness and clearness All this should be done in a cool cellar or it will be apt to sour Add brandy in proportion of one-third the quantity of juice, and as much more sugar as the taste demands Bottle it tightly It will keep six or eight years, and is better at last than at first

**Strawberry Syrup** — Make a syrup in the proportion of 3 lbs of sugar to half a pint of water Boil and skim until clear Allow two and a half pints of strained strawberry-juice to the half-pint of water After you add this, let it boil hard for not more than five minutes Take it from the fire before it loses its fine color, and pour hot into self-sealing glass jars This syrup preserves even the odor of the fresh strawberry when opened months afterwards, and flavors ice-cream delightfully No sweetening is needed for the cream but what is supplied by the syrup

**Tea.**—If the tea is a good quality of English breakfast tea—that is, a pure Souchong (which is generally to be had at a first-class grocer's at ninety cents a pound), allow one heaping teaspoonful of tea for each cup required Its color when poured out, after steeping eight or ten minutes, ought to be a bright brown, almost as deep as that of ordinary breakfast coffee—not black coffee Many people have the idea that English breakfast tea should be of the color of Oolong or Japan teas, which are of a deep straw color, but if English breakfast tea is of this pale color when poured from the teapot it insures a weak, watery stuff most disappointing to the true tea connoisseur If one really likes weak tea, it is easy to add water to the teacup as it is filled Oolong tea, on the contrary, should never be of a color deeper than a full yellow Tea served in Russian style may be weaker than when cream is used For Russian tea place one or two lumps of sugar in the cup, according to individual taste, add a thin slice of lemon Fill the cup with not over-strong tea Cream is essential to perfect tea that is, not Russian, even more than to coffee

**Tea.**—Put the table teapot near the fire until it is quite hot. Put in the dry tea-leaves, and replace the



pot, closely covered near the fire for five minutes. Have the tea-urn full of boiling water. Fill the teapot from the urn, and stand on the table three minutes before pouring out.

**Tea, Iced**—In the hot days of summer strong cold, black tea, to which lemon-juice and sugar have been added, will be found very refreshing. The tea may be prepared in the morning and placed on ice about an hour before using, adding the lemon-juice and sugar at table if the ice is put in the tea it weakens it too much.

**Tea Punch, Cold**—Have the following orangeade prepared early in the morning. Pour one quart of cold

water in a small saucepan, add the juice of two lemons and three oranges quarter of a pound of sugar, quarter of the rind of a lemon and orange. Let it come to the boiling-point. Strain it into a pitcher. Mix with strong tea, let it cool, and serve very cold in a punch-bowl with a few small pieces of orange and pineapple.

**Tomato Wine**—To one gallon of the juice of ripe tomatoes, strained put 3 lbs of white sugar. Set aside in a demijohn to ferment. Tie over the mouth only a piece of muslin until fermentation ceases, when it should be bottled and corked tight. Put a few raisins in each bottle, and, with the color of champagne, it will have some of its sparkling quality.

**Bird's-nest Blanc-mange.**  
See Blanc-mange

**Bird's-nest Pudding**  
See Puddings

**Biscuits.** See Bread

**Biscuits, Fruit** See Fruits

**Biscuit Ice-cream.** See Ices  
**Tortoni**

**Bismarck Sandwiches**  
See Sandwiches

**Black Bean Soup** See Soups

**Blackberries**—The following recipes for cooling blackberries will be found under their respective headings as indicated.

**Blackberry Froth** See Fruits

**Cordial** See Beverages

**Vinegar**

**Wine**

**Preserved** See Preserves

**Pudding** See Puddings

**Black Cake.** See Cakes

**Blanch, To**—Put the meat or vegetable in boiling water for a few min-

utes, take it out and plunge it into cold water and let it so remain until cold. This gives plumpness and whiteness.

**Blanc-mange (plain)**—Into three pints of water put 2 ozs of isinglass or gelatine, let it boil for half an hour, then strain it into one and a half pints of cream sweeten it and add a few bitter almonds. Boil it up once, let it settle, then turn it into a mould.

**Another way**—Season one quart of rich cream to your taste or, say, put 5 ozs of sugar and ten drops of extract of vanilla, lemon or rose. Whip the cream to a stiff froth. Pour one pint of cold water on 1 oz of gelatine, let it simmer on embers until perfectly dissolved. When lukewarm pour the cream slowly in, beating it all the time till stiff enough to drop from the spoon. Then put it into moulds.

**Blanc-mange, Almond**—One quart of cream, soften in a small portion of this cream (cold) 1 oz of gelatine, have ready blanched  $\frac{1}{2}$  lb of sweet almonds with eight peach kernels or bitter almonds beat these fine in a mortar, with a little rose-water to prevent their oiling put the cream with the melting gelatine into a preserving-kettle over the fire and stir un-

til perfectly dissolved, adding meanwhile  $\frac{1}{8}$  lb of white sugar, let the cream come to a boil stir in the almonds smoothly just as you take the blanc-mange from the fire, set aside in a bowl to cool stirring occasionally until lukewarm when pour into moulds previously dipped in cold water

**Blanc-mange, Bird's-nest** — Take half a package of gelatine using a little more than half the quantity of water as in making jelly. When ready to strain put it into a large oval dish, fill it nearly to the edge then set it away to harden. Take some eggshells that you have broken just the end off in getting out the egg make a blanc-mange of corn-starch flavor with vanilla and sweeten, put this into the shells before it cools and hardens it all set the eggs on end in a vegetable-dish so that they will stand top up being careful not to let the blanc-mange run out. Cut some very thin yellow parings off the lemon-rind, stew them in a little sugar and water, when cold lay each piece separately in a circle on the jelly, making two or three nests. Break open the eggshells take out the blanc-mange, and lay it in groups like eggs inside the nest

**Blanc-mange, Chocolate** — Dissolve 1 oz of gelatine in as small a quantity of warm water as will cover it. When melted put on the fire to dissolve 4 ozs of chocolate. Do not let it scorch and when liquid add one quart of new milk and  $\frac{3}{4}$  lb of sugar. Boil all together five minutes, stir in the gelatine, boil five minutes longer stirring constantly. Take off the fire, flavor with vanilla and pour into moulds. This dessert can be made several days before it is wanted, as it will keep

**Blanc-mange, Cocoa** — Take half a box of gelatine, three table-spoonfuls of cocoa one quart and one cupful of milk and one scant cupful of sugar. Put the gelatine to soak in one-half cupful of cold water, let it stand for ten minutes, then add to it the cocoa and

a cupful of boiling milk. Stir until all is well dissolved. Put the sugar into the milk, and add it cold. The great advantage of using cocoa instead of chocolate is that the whole mixture is very much smoother than chocolate. Blanc-mange is apt to be. For that readily separates or curdles and has to be stirred until it is nearly cold to keep it smooth. This is much more quickly made, and is very delicious

**Blanc-mange, Coffee-and-cream** — Soak one package of gelatine in a cupful of cold water for an hour. Heat in a double boiler one quart of milk, and when it reaches the scalding-point stir in one cupful of granulated sugar and the soaked gelatine. As soon as this is thoroughly dissolved take the saucepan from the fire and divide the contents. To one half add a cupful of strong, clear coffee, to the other put a full teaspoonful of good vanilla essence. Set both aside to cool but put the coffee half in the ice where it will be likely to become chilled more quickly than the other. As soon as it shows signs of stiffening pour a third of it into the bottom of a jelly-mould with straight sides first rinsing this out with cold water. Set directly on the ice. When the contents are firm put in half of the white blanc-mange, return to the ice and as soon as the last addition is firm turn in half of the remaining coffee. All the materials may be used in this way, making three layers of the coffee and two of the vanilla. Serve with whipped cream

**Blanc-mange, Lemon** — Take the thin rind of two fresh lemons and put it into a basin with a quarter of a pint of cold water or cold milk and  $\frac{1}{4}$  lb of sugar, and let it stand for an hour or more. Dissolve  $\frac{1}{2}$  oz of gelatine in a quarter of a pint of water, and when nearly cold mix it with the lemon water. Add the yolks of three eggs beaten up with half a pint of thick cream put the mixture into a jug place it in a pan of boiling water, and stir it over the fire for ten minutes, then pour it out, stir it again until nearly

cold, to prevent it setting and put it into a wet mould. Time to prepare, an hour and a half.

**Blanc-mange, Strawberry** — Taken quart of clear, stiff blanc-mange made with gelatine. Sweeten this, and stir into it the juice which has been drawn from a quart of fresh strawberries. Mix the ingredients thoroughly, put the blanc-mange into a damp mould, and leave it in a cool place till set. Turn it upon a glass dish, and serve. To draw the juice from the strawberries, pick them spread them on a large, flat dish and sprinkle over them about six table-spoonfuls of powdered sugar. Let them stand for six or eight hours and use the syrup which has flowed from them.

**Blanquette of Veal**      See Veal

**Bloater Salad**      See Fish

**Bluefish**      See Fish

**Bohemia Salad**      See Salads

**Boiled Custard**      See Custards

**Bonne Femme, and Other Egg Soups**      See Soups

**Bone, To** — The art of boning meat or poultry though by no means difficult for those who have been taught it, cannot be acquired by verbal instruction only. It is necessary to take lessons from some one who understands it, and practice will do the rest. It is exceedingly useful most of all because joints etc. when boned are so much more easily carved than when served in the usual way, and also on account of the economy as the bones taken may be stewed down for gravy for which fresh meat would otherwise be needed. The family poulterer will generally do all that is required for a moderate charge. The only rules which can be given are to use a sharp-pointed knife to work with this close to the bone, and to use every care to keep the outer skin as whole as possible.

**Bonny-clabber** — It is simply milk that through heat has "turned" or thickened until it is of the consistency of baked custard. It should then be set on ice, or in the coolest part of the spring-house, and sent to the table not a moment before it is to be helped out. Individuals eat it with relish just as it is but for most persons sugar, cream and grated nutmeg are required. The milk may be poured into a glass bowl before it turns.

**Boston Brown Bread**      See Bread

**Bouilleabaisse.**      See Fish

**Bouilli**      See Beef

**Bouillon, Beef**      See Soups  
**Fruit**      See Beverages

**Bouquet for Soups** — Parsley, celery, shallots, bay-leaves, cloves, peppercorns etc. tied into a bunch so that it may be easily removed.

**Brains, Calf's**      See Veal

**Bran Bread**      See Bread  
**Muffins**

**Brandied Fruits**      See Fruits and Pickles

**Brandy Pudding**      See Puddings  
**Sauce**

**Brason à la Finanière** — Cut into small squares  $\frac{1}{2}$  lb. cooked ham (lean),  $\frac{1}{2}$  lb. of roast beef,  $\frac{1}{2}$  lb. of boiled or roast chicken. To these add a small handful of chopped mushrooms and a few truffles. In the bottom of a small mould place a piece of truffle and four green peas and cover them with warm aspic jelly. Place the moulds into cold water till set. Then add the chopped meats and mushrooms and cover them with warm aspic jelly to which a little gravy coloring has been added. Place the moulds in cold water till ready for use. Dish, turn out of moulds and place finely chopped aspic jelly around.





a cup of cream is used in place of the milk. In that case the butter is omitted and only one egg used.

**Corn Bread (No 2)** — Three eggs, one full pint of milk, one table-spoonful of melted butter, one table-spoonful of sugar, two cups of white corn meal, one cup of wheat flour, two teaspoonfuls of baking-powder, one scant teaspoonful of salt. Mix as directed in preceding recipe and bake in a loaf. In this, and all sorts of corn bread, grease the mould carefully with lard or dripping. Butter is more likely to allow the bread to stick fast and burn. This bread, too, may be baked in small pans. If baked in a loaf, the knife should be held upright in cutting it.

**Corn Batter Bread** — Sift the corn meal, and to a teacupful of it allow twice the quantity of sweet milk — namely, one pint. Beat up two eggs very light (one egg will do at scarce seasons), add half a teaspoonful of salt, and to this beaten egg add the meal and milk gradually until everything is well blended. Pour the batter into a baking-dish of suitable size, place it in a well-heated oven, and in about a half-hour it will be ready for table.

**Corn Bread, Raised** — One pint of milk, made very hot, one and one-half cups of Indian meal, half-cup of wheat flour, two eggs, well beaten, one table-spoonful each of butter and white sugar, salt-spoonful of salt, half yeast cake, dissolved in warm water. Put the meal in a bowl, pour the scalding milk upon it, and let it stand. When cool, stir in the melted yeast cake, the sugar, and the flour and set aside to rise. At the end of five or six hours stir in the melted butter, the salt and the beaten eggs. Beat thoroughly, turn into muffin-pans or a large shallow tin, and let the bread rise in a warm place for fifteen or twenty minutes before putting into the oven. Bake about twenty minutes and eat hot.

**Corn and Rice Bread** — Three eggs, whipped light, two cups of milk, two scant cups of Indian meal, one cup of cold, boiled rice, one table-spoonful of butter, one teaspoonful of salt, two teaspoonfuls of baking-powder. Mix together the eggs, milk, butter, salted meal, and rice, stirring in the baking-powder carefully at the last. Should the mixture seem too thick, thin with a little milk. Bake in muffin-tins in a steady oven and eat as soon as they are cooked.

**French Bread** — Make up a quart of flour twelve hours before you wish to use it, with a large table-spoonful of sweet yeast, and milk and water enough to make the dough pliable, and rather softer than for ordinary light bread. Work in a dessert-spoonful of butter, and one well-beaten egg. Set it away to rise, and, when well risen, work it about ten minutes the second time. Make it into a loaf or rolls and bake as usual.

**Graham Bread** — To 2 lbs of Graham flour allow a pint of milk, a pint of water, a wineglassful of molasses, a teaspoonful of salt, half a teaspoonful of soda, and two table-spoonfuls of strong yeast. Beat the yeast, molasses, soda and salt in lukewarm milk and water. Stir in the flour until too stiff to use a spoon. Knead and bake as usual.

**Graham Bread (steamed)** — Boil one pint of milk, and thicken with Graham flour, add cold milk enough to make a thin batter, and when cool enough add half a teacupful of hop yeast and a small quantity of syrup molasses. Stir in Graham flour to form a stiff batter. When light, sprinkle a small quantity of fine flour on a board and work the bread until it ceases to be sticky, being careful not to put on too much flour and get it too stiff and dry, put it into a round basin that will fit into the steamer, and when light work a very little. Put it into the basin again and set into the steamer,

having plenty of boiling water in the vessel beneath. A medium-sized loaf should cook one hour, and the lid of the steamer must not be removed or the water cease boiling, else the bread will be heavy. When done, remove from the steamer and put into the oven for about twenty minutes to give it a crust. The steaming gives lightness and moisture to the bread, and the finish in the oven dries the outside and gives a crust to it.

**Home-made Bread**—Sift 2 lbs of fine white flour into a deep earthen dish, and with a wooden spoon hollow out the middle, leaving a little flour at the bottom of the hole. Have ready a table-spoonful of strong brewer's yeast, which has stood twenty-four hours in a cup of cold water to settle. Mix the yeast slowly with a pint of warm milk and water, half of each, stirring gently while mixing. Pour the mixture into the hole in the flour and stir from the walls of the hole until a thick batter is formed. Cover this with flour. Cover the pan with a thick towel, and stand in a warm dry place. Take up the pan in an hour if the flour on the top is split open and pour in half a pint of warm milk and water stirring with the spoon until very stiff. Cover with dry flour and knead drawing the edges towards the middle to mix thoroughly till all the flour is kneaded in. Stand again to rise until the dough cracks on the top. Form quickly into loaves and bake.

**Pulled Bread**—Fresh bread dough, made into strands and baked like ordinary bread. When cool, it is torn apart into irregular pieces, returned to the oven and baked fifteen or twenty minutes, until crisp. To be served hot.

**Rice Bread**—Boil 1 lb of whole rice in milk enough to dissolve all the grains, adding it boiling as it is absorbed. Have 4 lbs of sifted flour in a pan, and into this pour the rice and milk, adding salt and a wineglassful

(large) of brewer's yeast. Knead, and set to rise till light. Form in loaves and bake.

**Rye Bread**—Make a rather stiff mush of corn meal, boiling it long and well, salt to taste when milk-warm, stir in yeast in just the proportion for wheat sponge. In cool weather this must be done overnight, and in the morning, when light, work in as much rye flour as the sponge will hold. Do not get it too stiff, for it will adhere to the hands even when stiff enough and, unlike wheat dough, its "stickiness" is not a sign of the need of more flour. Let the dough rise, and do not attempt to mould it, but pour into well-buttered tins.

**Rye Bread (steamed)**—Half a pint of rye meal, unsifted one pint of sifted corn meal, the same quantity of sour milk, half a gill of molasses, one teaspoonful of salt and a large teaspoonful of soda dissolved in a small portion of warm water, stir well together, adding the soda last. Steam it for four hours.

**Wheat Entire Bread**—One cup of wheat flour, one quart of entire wheat flour, one-quarter of a cake of compressed yeast, one pint of water, or milk if preferred, one teaspoonful of shortening (either lard or butter), a half teaspoonful of salt, molasses according to taste. Beat hard with a spoon and let rise overnight. In the morning mould and let it rise again. This quantity will make two loaves.

**Wheat Bread**—One table-spoonful of butter or lard, one table-spoonful of sugar, one table-spoonful of salt, one pint of milk or water (lukewarm), two quarts of flour, half a yeast cake or half a cup of yeast. Into the bread-pan put the salt, butter, and sugar, sift over it one quart of the flour. Make a hole in the centre of these ingredients and pour into it, stirring slowly, the pint of lukewarm

water or milk in which the yeast has been thoroughly dissolved, or to which the liquid yeast has been added. Stir vigorously till a smooth batter is formed then cover and set away overnight in a room whose temperature is about sixty degrees. As soon as possible in the morning stir into this spongy mass the remainder of the flour, reserving two table-spoonfuls of it for sprinkling the hands and bread-board during the kneading operation. Then press and work the dough thoroughly for twenty minutes, by this time no part of it will stick to the hands or board. Cover and place in a warm corner, out of the way of draughts, for five hours, then turn again on to the kneading-board, knead for ten minutes form into loaves, and place in well-buttered tins. Let these rise for an hour longer, then bake fifty minutes in a good oven. The housekeeper for two can vary this programme towards the end by dividing the dough into three parts, making two of them

into loaves, and the third into a half-dozen biscuits or rolls. For the biscuits, take bits of the dough about as large as English walnuts, and roll them into balls, place in the pan so that they touch one another. Or delightfully crusty ones are obtained by baking them in little patty-pans. For the rolls, take twice the quantity for biscuits and roll each bit till it is three inches long and one inch wide. The biscuits or rolls will only require twenty or twenty-five minutes for baking.

### Bread and Butter Pudding

See Puddings

### Pudding

### and Fruit Fritters

See Fritters

Fried for Soups See Croûtons

Griddle Cakes See Bread

Jelly See Jellies

Omelet See Omelet

Sauce See Sauces

Sippets See Sippets

Soup, Croûtes au pot.

See Soups

## BREAKFAST CAKES

BISCUITS, BUNS, CAKES, CRISPS, DODGERS, DROPS, GEMS, GRID-DLE-CAKES, MUFFINS, PANCAKES, PUFFS, ROLLS, RUSK, SCONES, TOAST, WAFFLES, ETC.

**Biscuits, Buttermilk.**—To three cupfuls of buttermilk add one of butter one teaspoonful of baking-powder, sufficient salt and flour enough to make the dough just stiff enough to admit of being rolled out into biscuits.

**Biscuits, Chaney's Thin.**—Take one pint of flour and make into dough as soft as can be rolled with sweet milk a salt-spoonful of salt, 2 ozs of butter, and 2 ozs of lard. Roll out into round cakes nine inches in diameter, and of waferlike thinness. In baking, do not allow them to brown, but remove from the oven while they retain their whiteness.

**Biscuits, Fairy.**—Rub 2 ozs of butter with  $\frac{1}{2}$  lb of flour, add 4 ozs of sugar and a few drops of almond flavoring, mix with the white of an egg and a table-spoonful of milk, work well into the paste 2 ozs of sweet almonds well pounded, rub through a wire sieve. Take up pieces the size of a sixpence, bake a few minutes on buttered paper, taking care to keep them quite a pale color.

**Biscuits, Graham.**—Into three cups of Graham flour and one of white rub well two teaspoonfuls of baking-powder, when thoroughly mixed, add a teaspoonful of salt and one



table-spoonful of white sugar Stir in two cupfuls of new milk, cut into cakes and bake in a quick oven

Another recipe — Into one quart of Graham flour stir half a teaspoonful of baking-powder, a little salt, and enough sweet milk to make a thin batter, add the yolks of three eggs, and the whites slightly frothed

**Biscuits, New York Tea** — One quart of flour, in which thoroughly mix two teaspoonfuls of baking-powder, add one large coffee-cup of sugar, cut finely half a cup of butter, make a hole in the middle of the flour and pour in a coffee-cup of milk, stir all well together with a knife and roll out about half an inch thick Cut into cakes and bake in a quick oven

**Biscuits, Royal (Mrs Lemcke)** — Butter a square cake-pan and dust it with flour, put one pint of flour into a sieve, add one heaping teaspoonful of Royal baking-powder one-half teaspoonful of salt one teaspoonful of sugar, and sift the whole into a bowl add 1 oz of pure lard, chop the lard fine in the flour with a table-knife then make a hollow in the centre, pour in one-half pint of cold milk and mix with the same knife into a smooth dough, sprinkle a little flour on a pastry-board turn the dough on to it, and pat it lightly with the knife to smooth the top then roll it out to one inch in thickness dip a small biscuit-cutter in flour and cut the dough into rounds lay them in the buttered pan close together brush the biscuits over with melted butter then place them in a hot oven and bake from twelve to fifteen minutes when done remove the biscuits separate them and serve them enclosed in a napkin on a hot plate In case the oven is rather hot on top cover the biscuits entirely with brown paper they should be a handsome golden color when done

**Biscuits, Sherwood** — For breakfast, make up at night one pint of flour with a table-spoonful of yeast, ex-

actly as if for light bread In the morning work in one quart of flour with a heaping table-spoonful of lard and butter mixed, an even dessert-spoonful of salt and half a pint of buttermilk in which a pinch of soda has been dissolved or simply a cup of sweet milk Work well for ten minutes Make into small biscuits with the hand, instead of cutting out

**Biscuits, Soda** — One quart of flour one table-spoonful of butter and lard mixed, one teaspoonful of salt, one-quarter teaspoonful of soda, enough buttermilk or sour milk to make the dough just stiff enough to be handled, the soda should be sifted with the flour and the shortening rubbed in before the buttermilk is added These biscuits do not require kneading or beating but must be mixed and baked as quickly as possible afterwards

**Biscuits, Yeast** — Their success depends much on their being kept tightly covered during the leavening process and if successfully made, have a melting instead of a doughy quality when eaten

Into a scant half-pint of scalding milk put a teaspoonful each of salt and sugar and a heaping one of prime butter Stir until about blood-warm then add a fourth of a yeast cake previously dissolved in a little of the milk and when these ingredients are well blended sift in a heaping pint of unsifted flour Stir with a stout spoon until all the flour disappears If the measure of milk proves too small to take up all the flour, sprinkle on a few drops of water too much wetting will make the biscuits tough Place to raise, for five hours, where the temperature ranges from eighty to ninety degrees The pan must not come in direct contact with a hot surface, heat should be derived from radiation, for if sponge be subjected to too great heat it becomes thin and pasty

The mixing-pan should be of tin or crockery ware, several times larger than the lump of dough, to allow

room for meeting in the and be provided with a close fitting tin cover for the purpose of excluding the air and keeping in the moisture. When the five hours have expired turn the yeast on to a lightly floured board or paper and knead for two minutes. If the dough stick dredge on a little flour from time to time. A table spoonful in all will be enough.

Divide the dough into sixteen rolling each between the palms into little balls. Place in a greased pan, allowing only the outer edges of the ball to meet.

The pan should be about an inch and a half in depth with another of the same size to fit over closely for a cover while rising. Raise for three hours in same temperature as first directed. When ready for the oven the little ball will have expanded and risen until they form one rounded whole with slight depressions showing the dividing-lines. Bake for fifteen or twenty minutes in a quick oven and serve hot.

**Buns** — One and one-quarter lbs flour and  $\frac{1}{2}$  lb butter rubbed fine together, one wineglass of home made yeast or one half cake compressed yeast one wineglass of brandy and rose water mixed four eggs beaten light two table spoonfuls of currants, one teaspoonful of spice nutmeg, and cinnamon, add a pint of warm milk, and put to rise. When light, stir gently with  $\frac{1}{2}$  lb of finely powdered sugar. Make into forms, when sufficiently raised bake, and just as you take from the oven sift over them powdered sugar.

**Buns, Bath** — Put 1 lb of flour into a pan and make a hole in the centre of the flour into which pour one table-spoonful of yeast and one cupful of milk slightly warmed. Mix these together with a little of the flour and leave it near the fire to rise. Dissolve 6 ozs of butter, and beat up four eggs, add this to the sponge, and knead all together. The dough must be again allowed to rise, and when it has well

risen which will be in about an hour, put small ball of this mixture on a well greased oven tin two or three inches apart. This dough being light it will fall into the required shape. Sprinkle loaf sugar on the top or brush the buns over with a mixture of egg and milk. Five or six curraways comfits and lemon or citron peel may be added. Bake in a moderate oven.

**Buns, Breakfast** — Take the chill off a quarter of a pint of milk, and mix it with the same quantity of fresh yeast, add  $\frac{1}{4}$  lb of butter, melted but not hot sugar to taste, and a couple of eggs well beaten and then, very gradually sufficient flour to make a tolerably firm dough. Put it into small tins well oiling them first, set them before the fire for about twenty minutes to rise, and bake in a quick oven. Time to bake twenty minutes. Sufficient for a dozen buns.

**Buns, Forfarshire Tea** — One pound of flour, 3 ozs of butter, two teaspoonfuls of baking-powder, a few Sultana raisins carefully stoned and rubbed, two eggs one cup of milk. Keep a little of the eggs to brush over the buns. Rub the butter into the flour add the sugar and the baking-powder, mix everything thoroughly well together, and bake in small cake-tins.

**Buns, Hot Cross** — Make a sponge of a cup and a half of milk, half a yeast cake dissolved in half a cup of warm water, and flour enough to make a thick batter. Set in a warm place overnight. In the morning add two large spoonfuls of butter, melted, half a cup of sugar, a salt-spoonful of salt, and as much cinnamon or grated nutmeg. Work in more flour until the dough can be handled, kneading it well. Cover, and let it rise in a warm corner for five hours longer, then roll out into a sheet about half an inch thick, and cut into rounds, like biscuit. Lay

them in a buttered baking-pan, let them rise half an hour, cut a cross upon each, and put into the oven. When they are baked to a light brown, brush over with white of egg beaten up with fine sugar and take from the oven.

**Cakes, Belvidere** — One quart of flour four eggs, a piece of butter the size of an egg, a piece of lard the same size. Mix the butter and lard well with the flour beat the eggs very light in a pint bowl. Fill it up with cold milk, then pour it gradually into the flour, which must be made into a tolerably stiff dough. Add a teaspoonful of salt and work briskly for eight or ten minutes. Roll out the dough cut into shape, and bake in a quick oven.

**Cakes, Breakfast** — Three eggs, one teaspoonful of sugar one coffee-cup of sweet milk one cup of warm water three table-spoonfuls of yeast flour enough to make a stiff batter. Add the whites of the eggs when the batter has risen also a pinch of salt. If started the night before, they will be as light as puffs.

**Cakes, Corn** — Two cups of sour milk two table-spoonfuls of butter melted three eggs beaten very light one teaspoonful each of salt and soda two cups of corn meal enough to make a rather thin batter. Add the melted butter to the beaten eggs dissolve the soda in a table-spoonful of boiling water add this to the milk and mix with the eggs and butter. Have the meal ready sifted with the salt put all together beat hard and bake in a shallow baking-pan for about half an hour.

**Cakes, Lapland.** — Take five eggs beat the whites and yolks separately till both are as light as may be then mix them together and add one pint of rich cream with about one pint of sifted flour. Half fill small tin shapes with the batter and bake in a well-heated oven. Ten minutes should suffice

for the baking, and the cakes should be sent to the table while piping hot.

**Cakes, Mahogany** — One cup of sweet milk, one large egg, one cup of flour, mix well and bake in cups for half an hour in a quick oven. This is an excellent breakfast cake.

**Cakes, Orange** — One quart of flour, one cupful of butter, four eggs, two table-spoonfuls of yeast. Make into a stiff batter at night with milk. Next morning add a teaspoonful of corn meal. Beat all well together, and put into cups to rise before baking.

**Cakes, Turnover, or Pockets** — Take one quart of flour, sifted, and divide it into two equal portions. To one pint add three eggs very well beaten, one large table-spoonful of butter and lard mixed two teaspoonfuls of sweet yeast, and milk enough to make it into a moderately soft batter. Put it down to rise and after it has risen work in the other half of the flour so as to make it into a nice dough. Then roll out into thin, round cakes somewhat larger than ordinary biscuits. Now lap one end back over the other so as to represent a smaller upon a larger semicircle. Set them to rise again, and bake in a quick oven.

**Crisps, Oatmeal** — These may be made of oatmeal or oatmeal mush mixed with boiling water to a stiff dough then kneaded a little, mixed with a little wheat meal to prevent its crumbling moulded cut into small, thin cakes and baked twenty or thirty minutes in a hot oven. If made very thin and kept in a cool dry place, they will retain a rich flavor for several days.

**Dodgers, Corn** — Sift a quart of good, sweet meal add a teaspoonful of salt, and stir in cold water kneading all the time until the mixture is of a consistency to be easily moulded with the hands into little, oblong-



**Muffins, Cream.** — Mix together well the yolk of one egg, two table-spoonfuls of sugar, one cupful of milk and one-half cupful of melted butter. Sift in a little flour with two teaspoonfuls of baking-powder, and the white of an egg beaten to a stiff froth. Add enough sifted flour to make a thick batter. Bake in muffin-tins in a hot oven.

**Muffins, English** — Stir into three cups of warm (not hot) milk a half-teaspoonful of salt, one and a half teaspoonfuls of granulated sugar, and two table-spoonfuls of melted butter. In this warm mixture dissolve half a yeast cake. Last of all, stir in a quart of flour, then add as much more flour as is needed to make a very soft dough. Beat hard for five minutes and set in a warm place to rise. At the end of six hours turn the dough upon a floured pastry-board, and with a sharp knife cut off pieces about half as large as the ordinary English muffin. With floured hands form the pieces of dough quickly and lightly into round muffins, *patting* them into the proper shape. Lay these gently upon a heated soap-stone griddle, and let them bake slowly until double their original size. When browned on one side, turn and bake upon the other. They will take about twenty-five minutes to bake.

**Muffins, Graham** — Stir together in a deep bowl four eggs, and turn upon them a quart of lukewarm milk, two table-spoonfuls of melted butter, and a teaspoonful of sugar.

Whip in gradually three cups of Graham flour, then beat hard for fully five minutes. Have ready heated and greased muffin-tins, half fill them with the batter, and bake immediately in a very hot oven. If the oven is as hot as it should be, ten minutes' baking will suffice to make them light, puffy, and brown. They should be eaten as soon as baked, as they fall if allowed to stand.

**Muffins, Potato** — Scoop the inside from four large, freshly baked potatoes. Beat this flour until it is quite smooth, and add to it a pinch of salt, 2 ozs of clarified butter, and as much warm water as will make a thin batter. Beat three eggs, and add them to the mixture, together with three pints of best flour. Dissolve a teaspoonful of soda in a pint of lukewarm water, knead this with a cupful of fresh yeast into the dough, and let it rise all night. The next morning bake the muffins in rings upon a griddle and, when one side is lightly browned, turn them upon the other. When to be eaten, tear the muffin a little round the edge, toast it on both sides, divide, butter, and afterwards quarter it. Time to bake the muffins, about twenty minutes.

**Muffins, Rice** — Half a pint of rice boiled and mashed very smooth. Soften this paste by slowly adding one cupful of milk, three well-beaten eggs, salt and as much flour as will make it the same consistency as pound-cake batter.

## PANCAKES AND GRIDDLE CAKES

**Auntie's Griddle Cakes** — One quart of sweet milk, four eggs, butter the size of an egg, three table-spoonfuls of yeast, a teaspoonful of salt, and flour enough to form a thin batter. Warm the milk and butter together

till they are mixed and let them cool. Beat the eggs till light, add to the milk and butter, and stir in the flour to a thin batter. Add the other ingredients, the yeast last, and stand to rise for three hours. Bake on a

well-buttered griddle, and as each cake is taken off put on it a piece of butter and a sprinkling of powdered sugar, and spice to the taste

**Bread Griddle Cakes** — Grate the crumb of a stale loaf of bread, and sift out all the lumps. Stir in milk till a thick batter is formed. Beat eggs, allowing two to every pint of milk, till smooth, and add to the batter, add a little salt. Beat all well together, and bake on a well-buttered griddle

**Buckwheat Cakes** — Two cups of buckwheat flour, half a cake of compressed yeast, a small teaspoonful of salt, half a cup of Indian meal, two table-spoonfuls of molasses. Use enough warm water to make a thin batter, beat briskly and put in a warm place for the night, in a crock, and in the morning stir in baking-soda the size of a pea. In cold weather no other raising will be needed for a week or ten days than to leave about a cupful of the old batter in the bottom, adding flour, water, etc., at night, and beating all well. If buckwheat cakes are made too small they cool easily. They may be as thin and dainty as possible, but should be of pretty good size.

Another way — Three parts by measure of buckwheat flour to one part of Graham flour, and mix with buttermilk instead of water. Keeping buckwheat batter is often very troublesome, especially in mild weather. It can be kept perfectly sweet by pouring cold water over that left from one morning, and which is intended to be used for raising the next morning's cakes. Fill the vessel entirely full of water and put in a cool place, when ready to use, pour off the water, which absorbs the acidity.

**Buttermilk Griddle Cakes** — To have the cakes light and in perfection the buttermilk must not be strained, but should have the little particles of butter floating in it. To a pint

of buttermilk allow a scant half-pint of clabbered milk, mix, stirring in flour enough to make a stiff batter, beat well, and until the lumps are all out, then add a teaspoonful of salt, and a teaspoonful of soda finely powdered and thoroughly stirred into a gill of flour. Beat well into the batter, add enough buttermilk to make it of the consistency of buckwheat cakes.

**Corn Griddle Cakes** — Take the fine, white meal, and stir rich buttermilk into it until it is almost the consistency of thin mush, add a little soda, and salt to taste. Have the griddle hot and well buttered.

**Corn-meal Griddle Cakes** — Two cups of boiling milk, one cup of corn meal, half-cup of flour, two eggs, one table-spoonful each of butter and molasses, one heaping teaspoonful of baking-powder salt-spoonful of salt. Pour the boiling milk over the meal, as directed in recipe for raised corn bread. When cool, add the butter, melted the molasses salt, and flour, and lastly the eggs, beaten very light. If the batter is too stiff, thin with cold milk to the right consistency.

**Flannel Cakes** — One quart of flour, two eggs, one large kitchen-spoonful of yeast, sweet milk enough to make a thin batter, beat all well together and set to rise during the night. If the batter should become too thick, add a little more milk or water.

**Indian-meal Johnny Cake** — Five gills of meal, 3 ozs of butter, one teaspoonful of salt. Mix up with milk.

**Pancakes** — Put into a basin  $\frac{3}{4}$  lb of sifted flour, one egg, one-quarter of a gill of milk stir to a smooth paste, then add one and three-quarter gills of milk, 2 ozs of fresh butter, melted, and a small pinch of salt, mix well and, if lumpy, strain this batter. Put a small piece of butter into a pancake-pan, when melted,

pour in two table-spoonfuls of the batter, spread it so as to cover the pan entirely, fry till colored on one side, then toss it over and cook the other side, and turn the pancake out on a dish. When all the batter is cooked in this way, sprinkle the pancakes with sugar, and serve on a very hot dish, with a cut lemon. Pancakes should be eaten as soon as fried.

Another recipe — Take a pint of cream six eggs, three table spoonfuls of flour three of wine, one of rose-water  $\frac{1}{4}$  lb of sugar  $\frac{1}{2}$  lb of melted butter almost cold, and half a nutmeg grated. Mix these well together. Fry until they become delicately brown. Let the batter be as thin as possible.

#### Pancakes (without Eggs or Milk)

— Mix two table-spoonfuls of flour with a small pinch of salt, two or three grates of nutmeg and a dessert-spoonful of moist sugar. Make a smooth batter by mixing with the flour etc. very gradually, half a pint of mild ale and beat it fully ten minutes. Fry the pancakes in the usual way and serve them with moist sugar sprinkled between them. Time ten minutes to fry each pancake.

**Pancakes, French** — Beat well the yolks of four eggs mix them into 1 lb of flour add a glass of brandy and with an equal quantity of good ale and water dilute the paste until it is of the consistency of cream. Let this remain for two hours before using, then put a piece of butter as large as a walnut into the frying-pan hold it over a clear fire until it smokes put in enough batter to cover the bottom of the pan and when nicely browned on one side turn it, and as soon as it is done serve with lemon ginger sauce, or spiced sugar apart. Put in another piece of butter for each succeeding pancake you have to fry.

**Pancakes, Snow** — Freshly fallen snow may be used instead of eggs

in making batter for pancakes. Care must of course be taken that the snow is as pure as possible. The batter should be made rather thick, and the snow mixed with each pancake just before it is put into the pan. As a general rule it may be calculated that two table spoonfuls of snow will be equal to one egg.

**Popovers** — One cupful of milk, one egg, one cupful of flour, and a little salt. Beat well and put a table spoonful of the batter in very small tin pans. Bake quickly and serve immediately.

**Puffs, Breakfast** — Beat up two eggs very light adding to them one quart of sweet milk and gradually creaming into it sifted flour and a little salt until it is of the consistency of waffle batter. Bake quickly in tin puff-pans.

**Puffs, Germantown** — Beat the whites of six eggs till they stand alone and the yolks thoroughly cream in by degrees nine table-spoonfuls of flour. Put in a table-spoonful of melted butter and a teaspoonful of salt then make into a batter with one pint of sweet milk. Bake in little patty-pans.

**Puffs, Hasty** — Stir 2 ozs of flour quickly and smoothly into half a pint of boiling milk which has been sweetened and flavored with lemon-rind or nutmeg. Boil up then add 2 ozs of butter and when cool, two eggs well beaten. Butter four small moulds. Pour a quarter of the mixture into each, and bake in a good oven. Turn out before serving, and place a little jam on the top of each puff. Time, ten to fifteen minutes to bake.

**Rice Griddle Cakes** — To half a teacupful of whole rice allow three eggs half a pint of rich, sweet milk and half a teaspoonful of salt. Boil the rice till every grain is thoroughly dissolved, stand aside till it jellies

Beat the jelly in the milk slightly warmed, till smoothly mixed. Beat the eggs till very smooth and light, and add to the rice and milk with salt. If the batter does not adhere well together, add the yolk of another egg. Flour spoils them.

**Rice Pancakes** —One pint of boiled rice, one pint of flour, a teacupful of sweet milk, half-teacupful of sour milk, one teaspoonful of soda, two eggs, and a piece of butter the size of a walnut.

**Rolls, Breakfast** —To 1 lb of flour allow 1 oz of butter, one egg, a teaspoonful of baking-powder, and sweet milk enough to make a soft dough. Rub the butter and flour well together, add the egg (beaten till light), a pinch of salt, and the milk, till a soft dough is mixed. Form into rolls and bake in a quick oven.

**Rolls, Brentford** —Into 2 lbs of sifted flour rub very thoroughly  $\frac{1}{4}$  lb of freshened butter and one coffee-cupful of sand sugar, into one pint of new milk which has been boiled and cooled, beat lightly the yolks and whites of two eggs, and add to the flour, put in a gill of yeast, and beat all well together until bubbles appear, then place in a warm room to rise. In the rising lies the secret of one's success, for the dough must be so light that it has the appearance of being sour. Mould it into rolls, place in buttered pans, not allowing them to touch, let them rise again, and bake twenty minutes in a quick oven.

**Rolls, French** —Make them up overnight with yeast as for light bread, adding the yolk of an egg to each pint of flour, work it well, and in the morning work in 1 oz. of butter to a pint of flour. Bake quickly and serve as soon as done. After putting the butter in the dough it should stand to rise until half an hour before baking, when the dough should be formed into rolls and covered with

a towel until the oven is ready for them. Make into long, narrow-shaped rolls of small size.

**Rolls, Hot** —When hot rolls are sent in from the baker's for breakfast, they should be put into the oven as soon as they arrive. Two minutes before they are to be served take them out, divide them lengthwise, and put some thin slices of butter between the rolls, press them together, and return them to the oven for one minute. Take them out, spread the butter, place them on a hot dish, and serve immediately.

**Rolls, Vienna** —Finest wheat flour, 8 lbs, milk, three and one-half quarts, water, three and one-half quarts, compressed yeast,  $3\frac{1}{4}$  ozs, salt 1 oz. After all the materials have acquired the temperature of the room, the flour is poured in a loose heap in the middle of the baking-trough and a small quantity of the heap on one side mixed to a thin dough with the milk and water previously poured together, and mixed with yeast and salt. The dough is allowed to stand three-quarters of an hour, well covered. After this time, or as soon as fermentation has begun, the dough is mixed intimately with the remainder of the flour and the rest of the liquid, and left to rise for two hours and a half. It is then cut into pieces weighing each 1 lb each of which is divided into twelve square pieces of equal weight. The corners of each of these squares having been turned over to the centre, the cakes are put into the oven and baked for fifteen minutes. The heating must be uniform. If the oven is hotter in one place than another the cakes must be shifted about. To impart a gloss to the cakes, they are brushed over with a sponge dipped in milk.

**Rusk (No 1)** —One teacupful of sugar, two eggs beaten together, one cupful of warm milk, one table-spoonful of butter, one cupful of lively yeast. Stir in flour until nearly as



stuff as pound-cake batter Set the dough to rise in the evening and in the morning mould out into rolls with as little flour as possible When well risen, bake

**Rusk (No 2)**—One quart of flour, half a teacupful of yeast, a half-pint of milk, two eggs a teacupful of sugar a table-spoonful of butter, half a nutmeg grated Set a sponge with half the flour, the milk and yeast. Let it stand in a moderately warm place eight hours, then mix in the rest of the flour, together with the eggs, sugar, and butter Mould the dough into such form as is preferred, and let the rolls or biscuits stand in a warm place to rise for two hours longer Then bake in a quick oven. It improves the appearance of rusks to brush them over with raw egg, and then sift sugar or sugar and cinnamon over them just before being put in to bake.

**Sallylunns**—Rub  $\frac{1}{2}$  lb of butter into 2 lbs of flour Add a teaspoonful of salt a quarter of a pint of fresh yeast mixed with a pint of lukewarm milk and three well-beaten eggs Cover the pan and let it rise till light. Make the dough into thick cakes about five inches in diameter Bake in a quick oven Or rub 2 ozs of butter into 1 lb of flour Add a pinch of salt and pour in very slowly a table-spoonful of fresh yeast which has been mixed with half a pint of warm milk Beat the batter with a fork or spoon as the milk is poured in, add the yolks of two eggs and set the dough near the fire to rise Butter the tins fill them with the dough and bake in a quick oven. To prepare the sallylunns make them hot, divide them into three slices, and butter these liberally Serve at once If a very rich cake is required, cream may be used instead of milk. Time to bake about twenty minutes

**Scones, Barley**—The preparation of these wholesome cakes is a very

simple process The barley meal, with the addition of salt to taste, should be mixed with hot milk till it forms a thick paste Roll out thin and cut into scones Bake in a quick oven or on a griddle over a bright fire They should be buttered and eaten hot.

**Scones, Milk.**—Mix in a bowl  $1\frac{1}{2}$  lbs of flour, a teaspoonful of baking-powder, a pint of sour milk, and a little salt. Knead a little with the hands roll it out and bake in a quick oven for ten minutes

**Scones, Nannie's**—One pound of flour, two teaspoonfuls of carbonate of soda a little salt to taste also a small pinch of fine sugar one teaspoonful cream of tartar, buttermilk as much as will make a thin batter Mix the ingredients thoroughly together cut into round cakes, and bake on a griddle over the fire

**Scones, Scotch**—Sift together twice one cupful of white flour three cupfuls of Scotch oatmeal two teaspoonfuls of baking-powder and one of salt. Bring to a boil a pint of sweet milk and stir into it two table-spoonfuls of butter and one of sugar When the butter has melted make a hollow in the flour and meal and pour in the milk. Stir to a soft dough turn out upon a floured board and roll quickly and lightly into a sheet not more than an eighth of an inch thick. Cut out in rounds like biscuit and bake (not fry) on a soapstone griddle When the lower sides are done to a rich brown turn the scones If they are to be eaten hot they must be buttered as soon as they are taken from the griddle

**Toast, Buttered**—When the bread is fully toasted place little pieces of butter here and there upon it, put it before the fire for a minute or two till the butter is soft, then spread the butter upon the toast, taking care not to press heavily upon the bread or the toast will be heavy Cut each slice

separately into strips an inch and a half broad, and pile these on a hot dish. If one or two slices are cut through together the butter will sink from the upper piece to the lower. Buttered toast should be prepared at the last moment, and served very hot.

**Toast, Dry** — Be careful to have a clear, bright fire. Cut as many slices as may be required from a loaf of bread two days old. These slices should be very thin—not over a quarter of an inch thick. Cut off the crust and warm the bread on both sides for one minute before toasting it, then put it on the toasting-fork, hold it a little distance from the fire, move it about till it is lightly and equally toasted and when it is done upon one side turn it to do the other. Dry toast should be colored gradually as its perfection consists in its being crisp and dry without being very dark and brown or in the least burned. It should be made a few minutes only before it is wanted as it soon becomes heavy. It should never be placed flat on a dish or table, but be put at once in the toast-rack, or, if this is not at hand, two slices should be made to lean one against the other. Toast should never be made with new bread.

**Toast, Egg** — Place a bowl containing 3 ozs of good butter in boiling water, and stir until the butter is quite melted, mix it with four well-beaten eggs and put them together into a saucepan, keeping it moving round in one direction until the mixture becomes heated, then pour it quickly into a basin, and back again into the saucepan. Repeat this until it is hot, but on no account must it be boiling. Have ready some slices of buttered toast, lay the mixture of egg thickly over, and serve very hot. Time, about five minutes.

**Toast, Milk** — Toast the bread a light brown on both sides. Boil a pint of milk, mix together two tea-

spoonfuls of flour in a little cold water, stir this into the boiling milk. Let it boil about one minute, then add a little silt, and stir into it 2 ozs of butter. Dip the toast in the milk, place it on a dish and pour the remainder of the milk over it. The toast may be made much richer by increasing the quantity of butter.

**Waffles** — Two quarts of milk, 1 lb of butter and a little bird fourteen eggs two teaspoonfuls of salt, one cup of yeast, enough flour to make a batter, add the eggs well beaten, last. Mix it noon to bake for evening. This quantity makes sixty square waffles, bake in waffle-iron and eat with milk and sugar, a little ground cinnamon mixed with some sugar is very nice.

**Waffles, German** — Half a pound of butter stirred to a cream the yolks of five eggs mixed with  $\frac{1}{2}$  lb of flour, half a pint of milk gradually stirred in and lastly, the whites of the eggs whipped to a stiff froth and beaten into the butter. Very rich and delicious.

**Waffles, Ingleside** — Make one pint of Indian meal into mush in the usual way. While hot, put in a small lump of butter and a dessert-spoonful of salt. Set the mush aside to cool. Meanwhile beat separately till very light the whites and yolks of four eggs. Add the eggs to the mush, and cream in gradually one quart of wheaten flour. Add half a pint of buttermilk or sour cream, in which has been dissolved half a teaspoonful of carbonate of soda. Lastly, bring to the consistency of thin batter by the addition of sweet milk. Waffle-irons should be put on to heat an hour in advance, that they may be in the proper condition for baking as soon as the batter is ready. Have a brisk fire, butter the irons thoroughly, but with nicety, and bake quickly. Fill the irons only half full of batter, the waffles may have room to rise.

**Waffles, Quick** — Sift together three cups of flour, a heaping teaspoonful of baking-powder, and a quarter of a teaspoonful of salt. Beat light in another bowl two eggs, and add to them two cups of milk. Now stir the flour into the milk-and-egg mixture and the batter is ready for the waffle-iron. The waffle-iron must be thoroughly clean and perfectly dry when it is put away after using and it must be kept in a dry closet that it may not rust. To grease the iron preparatory to baking waffles, have it heated. Then apply the melted butter to the interstices with a small

brush, pour the batter by the large cupful into it, that the iron may be filled quickly. As soon as one side is full, close the iron and turn the under side to the fire.

**Waffles, Rice** — One cup of boiled rice, three eggs, 1 oz. of butter, two cups of sour milk, one teaspoonful each of salt and soda. Stir into the rice the butter creamed and the eggs frothed, add the salt and the soda, stirring in the milk adding flour enough to make a rather thick batter, heat the buttered waffle-irons, which fill three-quarters full, and bake carefully.

**Brentford Rolls** See Bread

**Broiled Eggs** See Eggs

**Broth** See Soups

Beef  
French Vegetable  
Mutton  
Scotch  
Soubise

**Brown Bread** See Bread  
**Sauce** See Sauces

**Brussels Sprouts** See Vegetables

**Bruvaise Potage** See Soups

**Buckwheat Cakes** See Bread

**Buns** See Bread

**Burned Custard** See Custards  
**Almonds** See Almonds

**Butter, Clarified** — Melt some butter in a perfectly clean saucepan, remove the cream and let the impurities sink to the bottom when cooling. Strain it carefully, leaving the sediment at the bottom of the saucepan. It may be used instead of olive oil,

both for salads and for other purposes.

**Butter, Maître d'Hôtel** — Into one cupful of good butter work a tablespoonful of lemon-juice and two tablespoonfuls of finely chopped parsley, with a little salt and white pepper. Pack into a small jar, cover, and keep in a cool place. It is useful to put on chops, steaks, cutlets, or with potatoes.

**Butter Sauce** — Rub two tablespoonfuls of flour and half a cupful of butter until creamy. Then gradually add the boiling water. Stir constantly and take from the fire just as it comes to a boil. Flavoring (lemon-juice, pepper, etc.) can be added to the boiling water.

**Buttercup Jelly** See Jellies

**Buttered Eggs** See Eggs  
**Toast** See Bread

**Buttermilk Pudding Baked** See Puddings  
**Biscuit** See Bread  
**Griddle Cakes**

**Butter-scotch** See Candy

## C

**Cabbage** —The following recipes for cooking cabbage will be found under their respective headings as indicated  
**Cabbage and Bacon** See Vegetables

**Cold Slaw**

**Creamed**

**equal to Cauliflower**

**French method**

**German method**

**Hot Slaw**

**Red, Stewed**

**Cabbage, Stuffed** See Vegetables  
**Swiss method**

**Omelet** See Eggs

**Pickled** See Pickles

**and Celery Salad**

See Salads

**Salad**

**Soup** See Soups

**Cabinet Pudding** See Puddings

**Café Frappé** See Beverages

## CAKES

In making cakes, great care should be taken that everything which is used should be perfectly dry, as dampness in the materials is very likely to produce heaviness in the cake. It is always best to have each ingredient properly prepared before beginning to mix the cake.

**Butter** should be mixed with the sugar, or with the yolks of eggs, adding the milk and flour alternately in small quantities.

**Flour** —The flour for cakes should be of the best quality. It should be weighed after it is sifted and dried. If too much flour is used the cake will crack.

**Eggs** —Each egg should always be broken into a cup before it is put to the others, as this will prevent a bad one spoiling the rest. The yolks and whites should be separated, the specks removed, and then all the yolks transferred to one bowl and the whites to another. The yolks may be beaten till they are light and frothy, but the whites must be whisked till

they are one solid froth and no liquor remains at the bottom of the bowl. The eggs should be put in a cool place till required for use. When the whites only are to be used, the yolks, if unbroken, and kept covered, will keep good for three or four days.

**Currants** should be washed, then spread upon a dish and carefully looked over, so that any little pieces of stone or stalk may be removed. The dish should then be placed before the fire, and the currants turned over frequently until they are quite dry.

**Fruit** should be rolled in flour and put in the last thing.

**Sugar** —Fine granulated sugar is the best to use for cakes. Powdered sugar is apt to make a dry cake.

**Lemon** —Peel should be cut very thin as the white or inner side, will impart a bitter flavor to the cakes.

**Almonds** for cakes should be blanched by being put into boiling water, and when they have been in for a few minutes the skin should be taken



**Angel Cake or Angel-food** —Take the whites of eleven eggs, a tumbler and a half of sifted granulated sugar, a tumbler of flour, three times sifted, a teaspoonful of vanilla essence, a teaspoonful of cream of tartar, sifted. The tumblers should contain two gills and a quarter. Beat the whites of the eggs to a stiff froth, then add the sugar lightly, then the flour gently, and lastly the essence of vanilla. Do not stop beating until you are ready to put the mixture into the tin, which should be one of those with a tube in the middle, sometimes known as a "Turk's head." The pan should not be greased. Bake forty minutes in a moderate oven. If still soft when tried with a straw, let it bake longer. When baked, turn the tin upside down on saucers to cool. Cut with a very sharp knife. The same recipe may be used for sunshine-cake by adding six of the yolks of the eggs, well beaten, after beating the whites and the sugar together.

Another way —Beat the whites of eleven eggs to a stiff froth, have ready some flour, sifted seven times, after which measure a rounded cupful, add one teaspoonful of fresh cream of tartar and sift twice. Sift one cupful of granulated sugar once, then add it to the flour and sift twice. With a fork lightly stir in the flour and sugar, which should be sifted in gradually. Bake in an ungreased pan with a stem forty-five minutes. It is best to get a new pan and not use it for anything but the angel-food.

**Apple Bread** —To one quart of meal put one pint of ripe, chopped apples, one egg, a small piece of butter, a little salt and fresh water enough to form a stiff dough. The apples should, of course, be peeled and minced very fine. Some persons like a little sugar on the dough, but it is generally preferred without. This is a favorite with children.

**Apple Bread, Baltimore** — Prepare a dough exactly as if for rusks.

When it is very light, roll out a cake about half an inch thick. Spread stewed apples over it, and over that place another cake of dough like the first. Put it in a pan to lighten for a short time. Bake it. Have some thin slices of apples stewed very tender, and when the bread is baked lay these slices of apples all over the top, sprinkle with sugar some small bits of butter, and any spice you like. Put it back in the oven long enough for the sugar to form a coating on the top. When cold, slice it nicely for tea.

**Apple Cake** —One and a half pints of sour dried apples, soaked overnight. In the morning pour off any water, chop the apples, and stew them twenty minutes with one and a half pints of molasses and one table-spoonful each of cinnamon, mace and cloves. Cream  $\frac{1}{2}$  lb of butter, and add to the apples and molasses when they become cold. Add one beaten egg, a level teaspoonful of soda dissolved in a table-spoonful of boiling water, 14 ozs of sifted flour, and a half-pint of seeded raisins, cut in half. Mix thoroughly and bake in a moderate oven.

**Bannock.** —Dry before the fire 1 lb of fine flour, melt  $\frac{1}{2}$  lb of butter, mix with the flour 2 ozs of almonds, finely chopped, 2 ozs of orange-peel, 2 ozs of sugared caraways, and 2 ozs of pounded or castor sugar. Pour on these ingredients the melted butter, knead together thoroughly, well, roll into a square or oblong shape, and bake in a slow oven for one hour.

**Black Cake** —Cream 3 lbs of brown sugar and 3 lbs of butter together, sift in 3 lbs of flour, beat twenty-eight eggs separately and add, with 5 lbs of seeded raisins 4 lbs of dried currants, 1 lb of sliced citron, 1 oz each of cinnamon and nutmeg  $\frac{1}{2}$  oz each of mace cloves and allspice, with a glass of blackberry wine. Mix and beat well. Turn

into a very large cake-mould and bake for six hours This cake will keep for years

**Cheese Cakes** —The best are said to be those made in the farm-houses in the midland counties of England, as well as Stilton and Tuxford, in Nottinghamshire The foundation of all of them is the rich cream curd, flavored with lemon or almonds, sometimes nutmeg and cinnamon and eggs, or, omitting eggs, a cup of cream or milk All are baked in tartlet or patty pans, lined with a rich paste Soyer, who is very excellent authority in all culinary arts, speaks of some delicious little cakes, greatly resembling cheese cakes called "Richmond Maids of Honor," which derived their quaint name from the maids of honor of Queen Elizabeth's court They are, in reality only a variety of cheese cake, made somewhat richer, and with the addition of "one very floury baked potato" instead of biscuit-powder, and one glass of brandy They are baked in patty-pans lined with puff paste, and both almonds and lemons are put with the curds, butter, and eggs of the filling

Another way —One Neufchâtel or cream-cheese, one teacupful of sugar one lemon, grate the rind and use half of the juice, half-teacupful of currants, half-teacupful of rolled cracker-crumbs (the finer and more delicate the cracker the better) four eggs, well beaten one teaspoonful of melted butter half-teacupful of cream or rich milk, half a nutmeg one salt-spoonful of salt Mix the cracker-crumbs dry with the cheese first removing the wrapper and taking off the thin film or skin on the outside, of the cheese, crumble the crumbs and cheese well together add the eggs which have been first well beaten up with the sugar Then the butter and cream may be added If the cream is very nice, the butter may be omitted Lastly add the lemon, currants and nutmeg The currants must have been washed, dried, and

then well dusted with cracker dust or flour Mix well, and put directly in well-buttered patty-pans that have been lined with puff paste Bake fifteen or twenty minutes in a quick oven They will puff up, but must not be too brown For variety, omit the currants and the lemon, and flavor instead with sweet almonds and one teaspoonful of essence of bitter almonds In putting in almonds, blanch them first, then pound them in a mortar with two or three table-spoonfuls of rose-water, or, if that is not procurable, with an equal quantity of sweet milk Beat all up together until it is a smooth paste Half a pound of sweet almonds and one teaspoonful bitter almonds flavoring are the right proportions for these cheese-cakes Bake in the smallest patty-pans you can get

**Cheese Cakes with Cheese** — It may be difficult to secure a sufficient quantity of new milk to turn into the requisite curd, which is in reality the foundation of all these cheese cakes and that which imparts to them their peculiar richness and there may be others who cannot succeed well in getting the curd of the proper consistence Use Neufchâtel cheese instead of curds It is very rich and imparts precisely the same flavor without any troublesome process, so that cheese cakes can be made in a very few moments by using it The Neufchâtel cheeses come done up in silver paper, and are to be had in market or of the principal grocers for five or ten cents apiece One will suffice for about a dozen little cheese-cakes or tartlets

**Cheese Cakes (Mrs Leed's)** —Take three quarts of milk and rennet, pretty cold and when it is time drain it from your whey in a strainer, then beat the curd in a stone mortar with  $\frac{3}{4}$  lb of butter,  $\frac{1}{2}$  lb of almonds, beat with rose-water till they are like curd mingle with them the yolks of ten eggs one pint of currants, one grated nutmeg, and  $\frac{3}{4}$  lb of sugar,





teaspoonful of powdered cinnamon and the same amount of baking-powder, and a heaping table-spoonful of sifted flour Beat lightly the yolks of six eggs, and stir them into one cupful of sugar and a teaspoonful of vanilla extract When thoroughly mixed add them to the dry ingredients Beat the whites of the eggs very dry and light, and stir in as lightly as possible Pour into buttered biscuit-tins and bake about thirty minutes in a moderate oven

**Cinnamon Cakes** — Whites and yolks of two eggs, which are to be beaten up with  $\frac{1}{4}$  lb of castor sugar for half an hour, add 2 ozs of pounded almonds  $\frac{1}{4}$  oz of powdered cinnamon, and twelve pounded cloves Stir into this mixture, very gradually,  $\frac{1}{2}$  lb of fine flour Roll out into long strips and divide into cakes, and bake in buttered tins

**Citron Cake** — Mix the well-beaten yolks of six eggs with  $\frac{1}{2}$  lb of sugar and 10 ozs of fine flour, add  $\frac{1}{2}$  lb of fresh butter, beaten to a cream, 4 ozs of candied citron, chopped small, a wineglassful of brandy and the whites of the eggs, beaten to a firm froth Mix thoroughly, pour the mixture into a well-buttered mould and bake it in a good oven Time to bake, about three-quarters of an hour

Another way — One cupful of butter stirred to a cream with two cupfuls of sugar, add three cupfuls of flour, with two teaspoonfuls of baking-powder sifted with it one cupful of milk, the grated rind of half a lemon and three eggs the whites and yolks beaten separately Add  $\frac{1}{4}$  lb of citron cut in exceedingly thin strips and well covered with flour Bake in a moderate oven The cake may be iced or not, according to taste

**Cocoanut Cake** — Break eight eggs of which set aside four whites Beat separately the remaining four whites and eight yolks till very light One pound and a quarter of flour, sifted 1 lb of sugar, pulverized,  $\frac{1}{2}$  lb of

butter, creamed, one cupful of sour cream or buttermilk, and a teaspoonful of bicarbonate of soda—the two latter ingredients to be added the last thing, just before you are ready to bake Bake in large, flat, tin plates, so as to form many thin cakes Grate two fresh, sweet cocoanuts, add to them 1 lb of sifted white sugar, with the lightly beaten whites of the four eggs laid aside for the purpose, and two teaspoonfuls of corn-starch Stir all well together, including the cocoanut milk drained from both nuts When the cakes are quite cold, place one in the bottom of a large china plate, cover it well with the prepared cocoanut, and continue thus to heap up cake and cocoanut in alternate layers until all of each material is consumed If desired, cover the whole with icing This quantity makes a very large cake If only a small one is needed, one cocoanut will answer, with half of everything else

**Cocoanut Cakes** — Scarcely  $\frac{1}{2}$  lb of loaf sugar to a large cocoanut, grated, put into a preserving-pan till the sugar melts Form into cakes, put on white paper They should be well baked in a very cool oven, and when cooked ought to be very pure white

**Cocoanut Snow-balls** — Make an angel-food cake as follows Beat together till stiff whites of eleven eggs with one and one-half cupfuls of sifted granulated sugar and one teaspoonful of cream of tartar, then one cupful of flour and one teaspoonful of vanilla Bake in a moderate oven forty minutes When cold cut off all the brown outside of the cake, and with a fork take out pieces as large as an English walnut, roll these in soft frosting and then in grated cocoanut. These are especially nice with a plain, white ice-cream

**Coffee Cake** — Cream one cupful of sugar with two-thirds of a cupful of butter, add one cupful of strong coffee, four cupfuls of flour, two teaspoonfuls

of baking-powder one and a half teaspoonfuls of powdered cloves one teaspoonful of cinnamon,  $\frac{1}{2}$  lb of raisins,  $\frac{1}{2}$  lb of currants

**Composition Cake** (in old fashioned recipe) — Three-quarters of a pound of butter  $1\frac{1}{4}$  lbs of sugar,  $1\frac{1}{4}$  lbs of flour, four eggs one pint of sweet milk one level teaspoonful of saleratus, 2 lbs of raisins,  $\frac{1}{2}$  lb of citron, three table-spoonfuls of cinnamon one large table-spoonful of cloves one of mace mixed in a wineglassful of wine or brandy, one nutmeg

**Cookies** — Three cupfuls of flour, one cupful of sugar, a little heaped, half a cupful of butter, one-third of a cupful of rich milk or cream two eggs, half a teaspoonful of soda with ginger, cardamom or other spice to your taste Work the butter until creamed, and beat the sugar smoothly into it Then add the soda, dissolved in the milk Let the whites be beaten to a stiff froth and added the last thing before the flour Make into a dough as soft as can be rolled

Another way — Two cupfuls of sugar, one cupful of butter, three eggs, one (level) teaspoonful of saleratus dissolved in a spoonful of water Flavor with nutmeg Stir in sifted flour until the dough can be rolled with a rolling-pin — the softer the dough is the better — then roll stamp out in small cakes, sprinkle sugar lightly over them while in the pans Bake quickly

**Cookies for Children** — Sift into a bowl five large teaspoonfuls of flour, one teaspoonful of butter, two cupfuls of white sugar, a handful of caraway-seed Add two well-beaten eggs — one will answer in scarce seasons Add, at the last, a small teaspoonful of soda dissolved in a little lukewarm water Knead well Roll out in sheets Cut into leaves, hearts, or simple circles, and put into greased baking-tins To be done in about fifteen minutes To please the children, just before the cakes are put to

bake brush them over with a feather dipped in egg, and sprinkle quickly over coarse-grained sugar with which a little powdered cinnamon has been mixed

**Corn-starch Cake** — One cupful of butter and two cupfuls of powdered sugar beaten to a cream one cupful of corn-starch stirred into the butter and sugar, one cupful of milk, two cupfuls of flour, one teaspoonful of baking-powder, whites of six eggs added the last thing Flavor with rose-water

**Crullers** — One pint of sweet milk, one pint of sugar,  $\frac{1}{4}$  lb of butter, three or four eggs well beaten separately, two table-spoonfuls of cream of tartar enough flour to make a very soft dough, rose-water and grated nutmeg to taste Roll out thin make the cakes small and round, with a hole in the centre Fry in boiling lard and after draining them well roll them in powdered sugar flavored with cinnamon

Another way — One cupful of sugar, a piece of butter the size of an egg rubbed well into the flour two eggs beaten into the sugar and butter one cupful of milk, three teaspoonfuls of baking-powder mixed into a cupful of flour Add a little salt, unless the butter is very salt Flavor with one and a half teaspoonfuls of lemon extract Mix very soft.

**Cup Cake** — Whites of eight eggs beaten stiff three half-pint cupfuls of flour, two half-pint cupfuls of white sugar one half-pint cupful of butter, one half-pint cupful of cream, one teaspoonful of baking-powder sifted into the flour, cream the sugar and butter, then add alternately flour and eggs until all are in, reserving the cream to pour in last, season with essence of bitter almonds or rose-water Bake in a rather quick oven

**Custard Rolls** — Get the long-pointed finger-rolls sold at the French bakeries Cut down one side and pull



when this is thoroughly mixed in add one wineglassful of sherry, one half cupful of milk, half a teaspoonful of powdered cinnamon, the rind of half a lemon, and 4 ozs of best butter Beat all the time Now stir in enough flour, a little at a time, to make a soft dough Knead this for fifteen minutes and shape into rings about two inches across and half an inch thick Bake in a slow oven While still hot, cover with the following icing Put 1 lb of sugar and one cupful of water in a suitable vessel, and boil until it feathers Beat the whites of five eggs to a stiff froth, and add the syrup a little at a time, beating constantly Now add 4 ozs of almonds, which have been previously blanched and pounded into a paste with a little rose-water to prevent them from getting oily Continue to beat the icing until nearly cold, and then cover the rings with it When this is done, set the rings in a cool place to dry

sifted flour, a half table-spoonful of powdered cinnamon, a teaspoonful of grated nutmeg, and a half-teaspoonful of ground cloves Add the stiffened whites of six eggs, and a small wineglassful of brandy Have ready  $\frac{1}{2}$  lb of currants,  $\frac{1}{2}$  lb of seeded and halved raisins, and  $\frac{1}{4}$  lb of citron cut into bits Mix the fruit, dredge with  $\frac{1}{2}$  lb of flour, and beat into the cake batter Bake in a deep tin lined with buttered paper

Another way —One pound of powdered sugar and 14 ozs of butter are first creamed as smoothly as possible warming them a little at first if the weather is very cold Twelve eggs are then beaten to the extreme of lightness, and worked into the butter and sugar alternately with 1 lb of flour, stirring very hard When well mixed, add one table-spoonful of cinnamon two of mace two of cloves sifting them all and one grated nutmeg with a gill of cream and half a pint of brandy

clove. Mix the butter as in making pound cake, then stir in all the fruit, excepting the raisins and citron, reserve the e, after flouring them well, until you are filling the mould put in a two-inch layer of the dough then strew over a layer of raisins and citron, repeat this until the mould is two-thirds full, let the heat be gradually applied to it

**Fruit Cake, Leavened**—One pound and a half of flour one gill of yeast six eggs 1 lb of butter 1½ lbs of brown sugar, three teaspoonfuls of nutmeg and nutmeg mixed 1 lb of raisins or currants half a pint of cream Let half the materials be set to rise with the quantity of yeast named Give it ample time to rise and when well raised put in the second half of the materials, and give it another good rise It will require a part of two days to complete the whole process but rewards by being a cake of peculiarly nice flavor

Gems

See Bread

**Ginger-snaps**—One cupful and a half of molasses, two-thirds of a cupful of butter or lard one teaspoonful of soda one-half a cupful of water two table-spoonfuls of ginger Mix soft and roll very thin bake in a quick oven Put in the pan so they will not touch each other

**Gingerbread**—One cup of brown sugar, one cup of butter one cup of molasses, three eggs 1 cupful of sour milk, four teaspoonfuls of ginger, one teaspoonful of cinnamon, half-teaspoonful of cloves three cupfuls of flour The spices are measured after being ground Be sure that the molasses is not syrup but of the plainer sort Sift the flour twice beat the eggs separately and very light, cream the butter and sugar together, and add the spice and soda last after they are well mixed with the heated molasses Bake carefully, because gingerbread is the easiest to burn of all cakes Bake either in a mould

or hallow pan, as fancy may direct

**Gold Cake**—1 our cupfuls of sugar, one cupful of milk one and a half cupfuls of butter, yolks of twelve eggs, two lemons six cupful of flour three tea spoonfuls of baking powder Cream the butter and sugar together till very light add the milk the eggs—very thoroughly beat them—the lemons and 1 tbs, the flour twice sifted One half the quantity given in the recipe would probably be ample for ordinary requirement

Another way—The ingredients for this are one and a half cupfuls of sugar half a cupful of butter, two and a half cupful of flour one whole egg and the yolk of four more half a cupful of milk half a tea spoonful of cream of tartar and one-quarter of a tea spoonful of oil flavor with a table spoonful of vanilla added just before baking Mix the cake according to the directions given in the preceding recipe

**Her Majesty's Cake**—One pound of flour 1 lb of powdered sugar ½ lb of butter four eggs one nutmeg one gill of sherry wine half a gill of brandy one gill of double cream 1 lb of stoned and dried fruit (raisins and currants) Bake in round cake tin till fired

Hoc Cake

See Bread

**Honey Cake**—Stir half a pint of sour cream into a pint of flour Add about half a teaspoonful of ground ginger a quarter of a teaspoonful of powdered cinnamon two table-spoonfuls of sugar and honey according to taste Mix thoroughly and when the cake is ready for the oven add half a teaspoonful of soda dissolved in a small quantity of hot water Beat again for a few minutes, pour the mixture into a buttered mould and bake in a good oven This cake may be eaten either warm or cold Time, three-quarters of an hour to bake



On no account use sweet almonds when they have been pounded to a smooth paste, cover them and set them away in a cold place. It is better to prepare them the day before they are wanted. Cut up the butter in the sugar, and beat to a light cream. Take the whites only of sixteen eggs and beat till they stand alone. Then stir them into the creamed butter and sugar alternately with the flour a little at a time. Stir the whole mixture very hard, then put it into a well-buttered tin pan, and set immediately in a moderately hot oven. It will require more than two hours to bake. Be careful not to let it burn. When sure it is done, which can be ascertained by testing with a twig from a corn-broom, place it on an inverted sieve, cover lightly with a napkin, and let it cool gradually. When cold ice it with white of egg and powdered loaf-sugar, flavored with ten drops of oil of lemon or one drop of oil of roses. Do not cut it until the next day. This cake is beautifully white and if the recipe is strictly followed will be found delicious. If put in a cool place and guarded from the air, it will keep a week.

**Lady Fingers**—Four eggs, 4 ozs of sugar, 2 ozs of flour. Beat the yolks and sugar together, then add the whites and the flour. Flavor with orange flower, rose-water or lemon. Drop on paper through a paper or tin funnel, then lay the paper on pans and bake, after sprinkling with sugar.

**Lady Sutherlands**—One quart of flour, three eggs, one piece of butter the size of a walnut, three cupfuls of sweet milk, and a teaspoonful of salt. Beat very light after you mix the ingredients. Bake quickly in small tin patty-pans. Make as shortly before these cakes are to be served as possible, lest they fall and lose their delicacy with their lightness.

**Layer Cake.**—Beat the whites of seven eggs until they foam, but are

not stiff, until the sugar is added, 2 ozs, which should be beaten in by degrees until very stiff indeed. The yolks are then beaten with 6 ozs of sugar and two level teaspoonfuls of vanilla sugar to a thick cream and the whites stirred lightly in. A quarter of a pound of flour and the same of corn-starch are sifted gradually in and stirred very gently. The butter,  $\frac{1}{4}$  lb., is melted and poured in hot. All is then stirred again carefully until smooth, when it is poured into buttered pans to the depth of three-quarters of an inch, and baked in a quick oven. The cake is divided into two thin sheets, and the best jam spread thickly between. A very handsome cake is made by using four sheets, and finishing the top one with icing made of powdered sugar, white of egg, and syrup.

**Lemon Cake**—Beat together one scant cupful of butter and three cupfuls of sugar, add the yolks and whites of five eggs beaten separately, and one cupful of milk, three and a half cupfuls of flour, a scant teaspoonful of soda, the juice and rind of a lemon (the last should be put into the creamed butter and sugar before the other ingredients are stirred in). Frost with white icing flavored with lemon-juice.

**Lemon Tartlets**—The juice of two lemons and the rinds grated, clean the grater off with bread only using sufficient crumbs to take off all the lemon peel. beat all together with two eggs,  $\frac{1}{2}$  lb. of loaf sugar, and  $\frac{1}{4}$  lb. of butter. This is sufficient to make twelve tartlets, and will be found very excellent. The pastry in which the above mixture is to be baked can be made of one pint of flour and a spoonful each of butter and lard. Use the pretty little crimped tins used for the lining to tarts.

**Lily Cake.**—Cream one cupful of sugar and half a cupful of butter together. Sift in one and a half cupfuls of flour with one teaspoonful of

baking-powder Add half a cupful of sweet milk and the whites of four eggs Flavor with extract of almonds Bake in a greased mould When cool, ice and ornament with frosting of lilies

**Loaf Cake** — Two quarts of sugar, seven cupfuls of butter six quarts of sifted flour, 6 lbs of fruit, one pint of yeast, eight nutmegs, mace, twelve eggs one quart of milk It should stand about six hours in summer and eight in winter Put in half the butter and eggs, and the milk, flavor, and yeast, and beat thoroughly In the evening add the remainder of the butter, rubbing it with the sugar, the rest of the eggs, and the spice Let the cake rise again until morning, then add the fruit Put in deep pans and let rise about half an hour Bake from two to three hours in a slow oven

**Macaroons** — Blanch  $\frac{1}{2}$  lb of almonds, and pound them in a mortar to a smooth paste adding the whites of four eggs, a few drops at a time Put with these ingredients  $\frac{1}{2}$  lb of powdered sugar and a table-spoonful of curaçoa When the mixture is pounded to a smooth but firm paste, form it into balls nearly an inch in diameter, and lay these on paper Leave a little distance between the macaroons, and bake in a gentle oven until they are hard and set Keep them in a cool, dry place until wanted Time to bake the macaroons, about twenty minutes Grated cocoanut can be used instead of almonds

Chocolate macaroons make an agreeable variety, both in color and in taste, and one of the best recipes for them is  $\frac{1}{2}$  lb of almond paste  $\frac{3}{4}$  lb of powdered sugar, the whites of three eggs, a teaspoonful of rice flour and 4 ozs of melted chocolate Beat the eggs to a stiff froth, add to them the paste, the sugar, and the flour by degrees, beat thoroughly for five minutes and then stir in the chocolate Drop and bake as directed for other macaroons

Hickory-nut macaroons are also very good, and they are made in the same way, only substituting finely chopped hickory-nuts for the almond paste, and using the full pound of sugar Lemon or vanilla is a very satisfactory flavoring

**Hazel-nut Macaroons** — These delicious little cakes are prepared as follows Grate very fine  $6\frac{1}{2}$  ozs of hazel-nuts (shelled) and  $6\frac{1}{2}$  ozs of sweet almonds (shelled and peeled), and add 13 ozs of sugar and the beaten whites of five or six eggs Mix the whole thoroughly, and bake quickly in a very hot oven that the outside may be hard and the inside moist A pretty variation is to shape them like cones

**Maple Cream Cake** — The whites of two eggs the yolks of three eggs, one and a half cupfuls of flour, four table-spoonfuls of sweet milk, one heaping teaspoonful of baking-powder Beat thoroughly Pour into well-buttered tin, and bake in a quick oven

**Maple Layer Cake** — Yolks of three eggs, white of one, one cupful of white sugar, one-quarter cupful of butter, one-third cupful of sweet milk, three teaspoonfuls of baking-powder, one cupful of flour Beat thoroughly Bake in two or three tins for layers Filling Whites of two eggs, beaten stiff, add shaved maple sugar until it is like ordinary frosting, add teaspoonful of melted butter, and spread on layers of cake

**Marble Cake** — The white Two cupfuls of white sugar, one of butter, one of sweet milk, four of flour, whites of eight eggs, well beaten, one teaspoonful of baking-powder Cream butter and sugar add milk, then flour, alternating with white of eggs For the brown Take one large cupful of brown sugar, half a cupful of butter, two-thirds of a cupful of milk, two and a half cupfuls of flour, with a teaspoonful of baking-powder rubbed into it yolks of eight eggs, two teaspoonfuls of powdered cloves,



four of cinnamon, same of allspice, and one nutmeg, grated. If not dark enough add more cinnamon and allspice. Drop in the baking-pan some of the white, then the brown, having the white to finish off on the top. Try to drop it in so that the cake shall be well streaked through.

Another way — First Cream together one cupful of white sugar and half a cupful of butter then add the whites of four eggs well beaten, half a cupful of sweet milk, two cupfuls of flour, one teaspoonful of baking-powder. Second Cream together one cupful of brown sugar and half a cupful of butter, add the beaten yolks of four eggs, half a cupful of sour milk, in which a teaspoonful of soda has been dissolved two cupfuls of flour half a cupful of molasses, and one-quarter of a teaspoonful each of ground allspice cinnamon and cloves. Grease well a deep baking-pan, and put the dough in alternately commencing with a layer of the dark mixture

Meringues — Meringues are convenient for using the whites of egg and for these it is only necessary to have sugar and some flavoring besides. But instead of the dry tasteless things they usually are it will be found a great improvement to bake them a very little allowing only a thin crust to form over the creamy inside. For two whites of egg take  $\frac{1}{2}$  lb of pulverized sugar and having beaten the egg to the last degree of stiffness work gently in a large table-spoonful of the sugar then a second and a third. Now gradually stir in the remainder and work very lightly until the meringue is perfectly smooth. The mixture is then to be taken up in the spoon and dropped in the shape of its bowl on a board conveniently at hand covered with heavy, smooth paper both board and paper having been well moistened. It will require some care to form the half-egg shapes properly and when taken from the oven which should be a very moderate one a small portion of the soft inside may be re-

moved from the centre of each and its place supplied with raspberry jam orange marmalade, or pounded citron. Each meringue should be appropriately colored and flavored, and when the arrangement of the inside is completed, two halves should be joined by moistening the edges with white of egg.

Meringues, Italian — Boil 1 lb of the finest lump sugar in a pint of water. When it has boiled long enough to whiten and become flaky as it drops from the spoon, scrape from the sides of the pan any sugar that may be adhering, and stir in six whites of eggs, which have been whisked to the stiffest possible froth, do this very gradually and slowly at the same time mixing the mass as briskly as possible to make it smooth. Continue to stir until the mixture is firm enough to retain the shape of a teaspoon in which it is now to be moulded. Slip the meringues quickly off on paper, and harden in a gentle oven that they may retain their delicate whiteness. Almonds are sometimes pounded, and mixed with the eggs and sugar. These are very superior to the plain meringues but they will require more care in baking and they will take a longer time they should be crisp and only lightly browned. Blanch and pound the almonds. Time, twenty to thirty minutes.

Molasses Fruit Cake. — This will keep for weeks in a stone jar and the last piece be as good as the first. A square of this cake, steamed and served with creamy or hard sauce, is almost equal to plum pudding. Two-thirds of a teacupful of butter one cupful of brown sugar, two cupfuls of cooking molasses, one cupful of milk, four eggs one teaspoonful of soda one table-spoonful each of ginger and cinnamon one table-spoonful of grated nutmeg four and a half cupfuls of sifted flour one cupful each of raisins and currants. Cream butter and sugar well add molasses eggs well beaten, the milk, salt and spices

Stir in the flour by degrees. Dissolve soda in a table-spoonful of hot water and add to the mixture, flour the fruit and add it last. Bake in a moderate oven one hour.

## Muffins

## See Bread

**Neapolitans** — Half a pound of sugar,  $\frac{1}{4}$  lb of butter, the grated rind of a lemon, 10 ozs of flour, yolks of three eggs, well beaten, and 10 ozs of almond paste. Mix the batter to a smooth consistency with white of egg, and add the lemon, butter, sugar, and flour. When thoroughly mixed, beat in the eggs and stir until quite smooth. Then roll out a quarter of an inch thick and cut into small cakes of any shape, and bake on a buttered tin. When cold, ice in various colors with bitter-almond flavor. To use the whites of eggs, some other cake requiring them could be made at the same time, such as cocoanut snowballs, silver cake, etc.

**New-year's Cake** — Cream  $1\frac{1}{2}$  lbs of butter and  $1\frac{1}{2}$  lbs of powdered sugar, beat well together. Beat fifteen eggs, and add, with  $1\frac{1}{2}$  lbs of sifted flour and three teaspoonfuls of baking-powder, grate two lemons in half a teacupful of molasses and add to the batter, with 2 lbs of finely chopped almonds, 2 lbs of seeded raisins and 1 lb of sliced citron. Turn in a cake mould, and bake two hours in a moderate oven.

**Nut Cakes** — Beat 1 lb and 1 oz of sugar with six eggs for an hour, add 1 lb and 1 oz of flour,  $2\frac{1}{2}$  ozs of grated almonds—a few bitter ones should be added—a little whole cinnamon a few whole cloves, the grated rind of a lemon, a teaspoonful of coarsely chopped, candied lemon-peel, a teaspoonful of extract of vanilla, a teaspoonful of rum. When the whole has been thoroughly kneaded, shape it with the hand into little round or oblong cakes, rub a sheet of tin over with a bit of wax, place the cakes on it, and bake in a moderate oven.

**Nut Fruit Cake** — One cupful of butter is creamed with two of sugar, and four eggs added yolks and whites beaten separately. One grated nutmeg and 1 lb of flour stirred in gradually, keeping out about 2 ozs of flour to dredge the nuts and raisins. A large coffee-cupful of raisins, stoned and split, and the same amount of hickory-nuts, chopped as fine as possible, are stirred in last. A cool bread-oven is the best for this cake, and when finished add a thick pink icing flavored with rose-water, and decorated with an edging of home-made burnt almonds.

**Nut Layer Cake** — One cupful of sugar, one cupful of milk, two cupfuls of flour, with two even teaspoonfuls of baking-powder sifted in, a piece of butter the size of an egg, two eggs, the white of one, however, being put aside for the frosting. Beat the butter and sugar to a cream, add the milk, the yolks of the two eggs and white of one, well beaten, and lastly the two cupfuls of flour, stirring the whole mixture thoroughly together. Then take out one-third into another dish, grate in sufficient chocolate to make it look dark, and flavor with vanilla. Flavor the remaining two-thirds with lemon, put the chocolate mixture—which is to form the middle layer—into one pan to bake, and the light mixture into two others. For the filling, whip half a pint of thick cream, add a cupful of walnuts fine, add a cupful of sugar, and stir both into the cream. Spread between the layers, and cover the top with an icing made of the white of egg reserved for the purpose, sifting shredded cocoanut over it. If nuts cannot be obtained or several cakes are to be made and variety is desired, chopped figs or raisins can be used with the cream.

**Orange Cake** — Two cupfuls of sugar, a small half-cupful of butter, two cupfuls of flour, half a cupful of water, the yolks of five eggs and whites of four, a teaspoonful of bak-

ing-powder sifted with the flour, the rind of one orange and the juice of one and a half. Beat the butter to a cream. Add the sugar gradually, then the orange, the eggs, well beaten, the water, and the flour. Bake in sheets for twenty-five minutes in a moderate oven, and, when cool, frost. Frosting. The white of an egg, the juice of one and a half oranges and the grated rind of one, one and a half cupfuls of powdered sugar, unless the egg and oranges are very large, in which case use two cupfuls.

Another way — Take two even teacupfuls each of sugar and flour, half a cupful of water, the yolks of five eggs beaten very light, also the whites of four the juice and grated rind of one orange, and two teacupfuls of baking-powder sifted with the flour. Bake in four layers. Take the juice and grated rind of one large or two small oranges three-fourths of a teacupful of sugar, and the white of one egg, beaten stiff. Spread this between layers adding more sugar to that used for the top. For the filling wash two large table-spoonfuls of butter until it is quite fresh and put it on the range to melt with a cupful of granulated sugar. When these ingredients are melted beat into them the well-whipped yolks of three eggs and the white of one all the juice of two oranges and the grated rind of one. Cook, stirring all the time for five or ten minutes, or until very thick. When cold, spread this mixture between the layers of your cake, and make an icing for the top layer of the two remaining whites of eggs and powdered sugar flavored with a little grated orange-peel and a few drops of orange-juice.

An orange short cake makes a pleasant variation in the monotony of winter desserts and is easy to prepare by the cook who understands the mystery of light biscuit dough. The fruit should be cut in small pieces and well sugared and spread between and on top of the hot cake. Whipped cream is a great addition

to this dish, or it may be served with a plain liquid sauce.

**Peach Short Cake** — Into one quart of sifted flour add by three or four siftings two heaping teacupfuls of baking-powder, one teacupful of salt, and three teacupfuls of sugar. Into this rub lightly two table-spoonfuls of butter, and add sufficient sweet milk or water to make dough as stiff as can be mixed with a spoon but not stiff enough to handle. Bake in two tins lined with buttered paper in a quick oven. When done, spread both cakes evenly with best of butter and over one lay a layer of ripe peaches sliced rather thin, sprinkle thickly with sugar cover with the other cake, dust with powdered sugar, and serve with an abundance of cream.

**Piques** — Beat the yolks of six eggs very light. Put in a pinch of salt and a few grains of anise, add 1 lb of flour, and knead well until the paste snaps, using a little lard to prevent it from sticking to the hands. When ready, roll the paste half an inch thick, and cut into half-inch cubes. Drop these into boiling lard, and when they rise or swell up, take up and drain on paper. They should be cooked a golden brown. With 1 lb of sugar make a heavy syrup. Let it boil till it feathers and add any flavoring that meets the fancy. Into this thick syrup stir the cakes until it sugars when they will be covered with the white frosting. They are now ready to eat as soon as cold.

**Plum Cake (excellent)** — Mix three teacupfuls of baking-powder and half a teacupful of salt with 1 lb of flour. Rub into this  $\frac{1}{2}$  lb of butter lard, or sweet beef dripping or portions of each. Add  $\frac{3}{4}$  lb of washed dried and picked currants  $\frac{1}{4}$  lb of stoned and chopped raisins  $\frac{1}{2}$  lb of sugar 2 ozs of candied peel cut into narrow strips and a small nutmeg grated. Mix these ingredients thoroughly. Beat two eggs for

five or six minutes. Mix with them four drops of almond essence and a little milk. Stir this into the flour, and add as much milk as will make it into a light dough. Put it into a large, buttered tin, or two small ones, and bake immediately for one or two hours, according to the size of the tins.

**Plum Cake** — Wash, seed, and chop a cupful of raisins, and wash and stem half a cupful of currants. Spread on a platter in a warm place to dry. When the currants and raisins are thoroughly dry, mix them with half a cupful of minced citron, and dredge all with flour. Cream together one cupful of butter and one and a half cupfuls of powdered sugar. Whip into this six thoroughly beaten eggs, add two cupfuls of sifted flour, a teaspoonful each of nutmeg and cinnamon, half a teaspoonful of mace, and the floured fruit. Last of all stir in a wineglassful of brandy. This loaf should be baked in a steady oven for at least two hours.

**Plum Cake, Christmas** — Cream 1 lb of butter and 1 lb of sugar together, add the beaten yolks of eighteen eggs, one gill of molasses, 1 lb of sifted flour, six table-spoonfuls of coarse flour, and one wineglassful of brandy, beat all together for five minutes. Add 3 lbs of seeded raisins, 1 lb of dried currants,  $\frac{1}{2}$  lb each of almonds and sliced citron, well floured, 2 ozs of grated coconut, one table-spoonful each of ground allspice, mace and cloves and two grated nutmegs lastly, add the beaten whites of the eggs. Mix well, pour in one large or two smaller cake moulds, and bake in a moderate oven for six hours, ornament when cold with fancy sugar-plums and a wreath of holly.

**Pound Cake (old-fashioned)** — One pound of sweet butter, 1 lb of flour thoroughly dried in the oven. Stone 1 lb of raisins, cut them in

two, and sift them lightly with flour. Cream the washed butter and stir into it 1 lb of sugar. Grate one nutmeg into the creamed mixture, and the yellow rind of a lemon. Measure two table-spoonfuls of good brandy and dissolve in it a piece of soda the size of a pea. Take seven saucers and break one egg into each one of four of the saucers, into the other three saucers put two eggs each. Into the creamed mixture turn one egg with one table-spoonful of flour, and beat for five minutes. Treat the four single eggs in this manner, beating the required five minutes each time. Then add two eggs at a time, and after all are stirred in beat the batter ten minutes. Put in the brandy, the juice of the lemon, and then the prepared raisins. Beat ten minutes longer. Bake this in a paper-lined and well-buttered cake-tin. This cake should require about two hours to bake, the oven should grow hotter as the cake bakes. Always place a loaf of cake to the ear when testing it to see if it is done. So long as a cake "sings" it is not ready to be taken out.

Another way — Beat 1 lb of fresh butter to a cream. Beat into it 1 lb of fine sugar, pounded and sifted, upon part of which, before it was pounded, the rind of two oranges or lemons has been rubbed, 1 lb of dried flour, a pinch of salt, eight eggs which have been thoroughly whisked, the whites and yolks separately, and a glass of wine, brandy, or rose-water. Beat the mixture for twenty minutes, and pour it into a tin which has been lined with buttered paper. Bake in a well-heated though not fierce oven, and, if possible do not increase the heat until the cake is baked. Though the cake must be turned about that it may be equally browned, the oven door must not be opened oftener than is absolutely necessary, and if the cake gets too highly colored before it is done enough, a piece of paper should be laid upon it. In order to ascertain whether it is sufficiently baked, put a skewer to the bottom of it, and if it comes out dry and clean the cake is

done, if moist, it must be returned at once to the oven. When the cake is done it should be turned out at once and placed upon its side, or else on a sieve which has been turned upside down, until it is cold, and the paper should not be removed until the cake is to be used. This cake may be made either larger or smaller by increasing the quantity of the ingredients in their due proportions, and it may be made less rich by using a larger quantity of flour. A pound of picked and dried currants is frequently added to the other ingredients, and the flavor may be varied by the addition of candied peel, lemon or orange, blanched and chopped almonds, pistachio kernels, dried cherries, or plums. Time to bake, one hour and a half to two hours.

**Pound Cake** (a very old recipe) — Take 1 lb of butter, 1 lb of sugar, 1 lb of flour, 10 eggs, 2 table-spoonfuls of rose-water. Beat the sugar and butter together as light as possible, then add gradually the rose-water and about one-fourth of the flour, whisk the eggs until very thick, stir in the butter and sugar gradually, then the remainder of the flour, a small quantity at a time. Beat all well together. Line your pan with white paper, put in your batter, smooth the top with a knife, and bake in a moderate oven about two and a half hours.

**Prince Albert Cake** — Whites of twelve eggs, five cupfuls of flour, three cupfuls of sugar, one and a half cupfuls of butter, one cupful of new milk or cream, two teaspoonfuls of baking-powder. Flavor the batter with the grated rind and juice of a lemon, and bake in round cake-tins. Flavor with vanilla an icing made of  $1\frac{1}{2}$  lbs of pulverized sugar and whites of three eggs beaten very lightly. Bake half the batter just as it is in three plates. In the other half mix  $\frac{1}{2}$  lb of seeded raisins, same quantity of currants and same of shredded citron, and bake this batter in other three plates so as to have six layers. Put the icing be-

tween alternate layers of fruit and plain cake.

**Puff Paste.** — One pound of flour, 1 lb of butter, one egg. Take from the butter a lump the size of a hen's egg, and, adding a pinch of salt, knead the flour and egg into a very stiff dough with cold water. Have ready an extra half-pint of flour for dredging, and, if possible, have a marble slab on which to roll pastry. Divide the butter into five equal parts. After kneading the dough full ten minutes, roll it out on your board or slab and put on one portion of butter cut into small bits and dotted over the dough. Dredge over a layer of flour and roll up, then out over the board again. Repeat this process until all the butter and flour are consumed, and you will have delicious, flaky pastry for the lining of pudding or patty pans.

See Pies for other paste recipes.

## Puffs

See Bread

**Puffs, Almond** — Roll a sheet of puff paste very thin. Beat the whites of two eggs, add powdered sugar to make a stiffening, and mix in a cupful of blanched and chopped almonds. Spread the mixture on the pastry with a very sharp knife, cut it in pieces two inches long and one wide, put these carefully in a pan, and set in the stove to brown slightly. Take out and let cool. Arrange on a large, round dish in a pyramid, fill the centre with whipped cream flavored with vanilla, and serve very cold.

**Puffs, Cream** — One-half pound of butter,  $\frac{3}{4}$  lb of flour, six eggs, two cupfuls of warm water. Stir the butter into the water, set over the fire, and stir to a slow boil. When it boils put in the flour, cook one minute stirring constantly. Turn into a deep dish to cool. Beat the eggs light, yolks and whites separately, and whip into cooled paste, the whites last. Drop in large spoonfuls upon buttered paper. Bake about ten minutes in a quick oven until they are of a golden brown.

**Puffs, French** —Take a pint of new milk, boil half, and mix the other half very smoothly with four heaped table-spoonfuls of fine flour, then add it to the boiling milk, and boil it until it is a stiff paste. When cold, take the yolk of five eggs, the whites of two, a table-spoonful of pulverized sugar, and beat the whole into a light batter in a marble mortar, then drop it from a spoon into boiling lard, fry a light brown, and serve it up with sifted sugar over each. A small piece of any candied fruit may be dropped into each spoonful of the batter.

**Puffs, German** —Put  $\frac{1}{2}$  lb of butter into a teaspoonful of sweet milk, have ready in a bowl or pan a cupful of sifted flour. When the milk has boiled, stir it gradually into the flour, and beat until perfectly smooth. Beat in six eggs, leaving out two of the whites, also add three table-spoonfuls of sugar and a little grated lemon-rind or powdered cinnamon for flavoring. Drop the batter into little patty-pans and bake the puffs in a moderately heated oven.

**Puffs, Lemon** —Sift  $\frac{1}{2}$  lb of fine white sugar, grate the rind from three lemons, then whip up an egg to a froth, and mix all together to the consistency of good paste. Cut it into shapes and bake upon writing-paper being careful not to handle the paste. Place the paper upon a flat tin, and bake in a very slow oven.

**Puffs, Tea.** —Beat the yolks of six eggs till they are very light, stir in a pint of sweet milk, a large pinch of salt, the whites of the eggs beaten to a froth, and flour enough to make a batter about as thick as boiled custard. Bake in gem-pans in a quick oven.

**Puffs, Transparent** —Beat four eggs very well, put them into a saucepan with  $\frac{1}{4}$  lb of granulated sugar, the same quantity of butter, and the grated rind of a lemon. Set it on the fire and keep stirring it till it thickens

When cool, half fill small patty-pans that have been first lined with a light puff paste, and bake till the puffs look light and clear.

**Quick Cake** —Beat the yolks of six eggs with  $\frac{3}{4}$  lb of sugar. Whip up the whites and add them to the yolks. Cream  $\frac{1}{2}$  lb of butter with  $\frac{1}{2}$  lb of flour, and put the eggs with this. Then add the other half of flour, and beat it well. Add to this one teaspoonful of baking-powder, with a teaspoonful of cream or milk. Season to taste. Have your cake-tin ready, hurry it into the oven, and bake quickly. This is an excellent cake, whether eaten as a pudding, with hot sauce, or otherwise.

**Railroad Cake** —Cream two large table-spoonfuls of butter, free from salt, with two cupfuls of sand sugar, when light, add one cupful of new milk and the yolks of three eggs. Into three cupfuls of sifted flour rub thoroughly a teaspoonful of baking-powder and add to the batter, beat the whites of the eggs until light, add to the cake, alternating with flour.

**Raisin Cake** —Wash well 1 lb of sweet butter, and cream with it 1 lb of white sugar. Add slowly one quart of tepid new milk and 4 lbs of sifted flour, mix well into it a teaspoonful of lively, home-made yeast, and put in a warm place until light. This should be in four or five hours, when mix into this batter another pound each of butter and sugar, well creamed together and, if needed, more flour. Have ready 2 lbs of raisins, seeded and cut fine, and  $\frac{1}{2}$  lb of currants. Mix a small quantity of flour through the fruit, and stir into the batter with a little pulverized mace. Let the batter rise again, stir well, and pour into buttered tins, putting them in a warm place until the mixture commences to rise, then set into a slack oven increasing the heat gradually until hot enough, and bake about an hour and a quarter.

**Ribbon Cake.**—Beat together to a light cream two and a half cupfuls of sugar and one of butter. Then add four well-beaten eggs, one cupful of milk (in which one teaspoonful of soda, dissolved in a little water, has been put), and four cupfuls of flour into which two teaspoonfuls of cream of tartar have been sifted. (The best way is to measure the flour, pour it into a sieve, add the cream of tartar, and sift the whole through together.) When the flour has been thoroughly mixed with the other ingredients take out one-third of the dough, and add to it one cupful of currants, one and a half cupfuls of raisins, stoned and chopped,  $\frac{1}{4}$  lb of citron cut into dice, two teaspoonfuls of molasses, and one teaspoonful of brandy. Divide the light cake into halves and bake in two separate pans, the fruit cake in a third one of the same size. (These may be either round or square but must be deeper than those used for "Washington pies.") When done arrange one above another, the dark cake in the centre, with currant jelly between press then firmly together with the hands and add an icing.

**Rice Cake.**—Beat to a foam the yolks of eight and whites of four eggs, to this stir in 6 ozs of powdered sugar the grated peel of one lemon and  $\frac{1}{2}$  lb of ground rice. Beat all well together for twenty minutes or half an hour. Bake twenty minutes.

Scones.

See Bread

**Scotch Cakes**—One pound of flour,  $\frac{1}{2}$  lb of butter, and  $\frac{1}{4}$  lb of sugar, let the butter stand in a basin near the fire to soften but not to melt when soft rub it into the flour, then rub in the sugar. Roll out a sheet half an inch thick cut out cakes about two inches square, and bake until they are a light brown. Put them away in a stone jar and they will in a day or two gather moisture enough to be soft.

**Seed Cakes**—Rub 6 ozs of butter into 1 lb of flour, add a pinch of salt, a teaspoonful of mixed spice, a tablespoonful of caraway-seeds, and 6 ozs of sugar. Mix the dry ingredients thoroughly. Put a teaspoonful of soda into half a pint of milk, and set it in the oven till the soda is dissolved. Let the milk cool a little, and when it is lukewarm add a teaspoonful of vinegar, and stir it into the cake. Beat the cake well, and bake in a moderately heated oven. Time to bake, one hour.

Another way—Rub 6 ozs of butter into  $\frac{3}{4}$  lb of flour, add a pinch of salt 5 ozs of sugar and a dessert-spoonful of caraway-seed. Dissolve half a small teaspoonful of soda in a teaspoonful of hot milk. Beat this up with two eggs already well whisked, and stir the whole into the cake. Put the mixture into a buttered tin, and bake in a moderately heated oven. Time to bake, from thirty to forty minutes.

**Short Bread**—Take 4 ozs of butter and 4 ozs of home-cured lard. Put these into 1 lb of flour. Make a little hole or well in the centre of the mixture and sift in 4 ozs of fine castor sugar dissolved with a dessert-spoonful of water. Work the whole into a smooth paste on the baking-board roll out, and cut it into round cakes half an inch thick. Pinch up the edges ornament with strips of orange peel, and if liked, with a few caraway-seeds. Bake the cakes a delicate brown color in a slow oven. The special features of Scotch short bread are that it should be worked into a paste without moisture and baked very slowly.

**Short Cake, Currant.**—Mash two quarts of currants add to them 1 lb of granulated sugar, and let them stand for an hour before your cake is prepared. Make a rich biscuit dough and roll it into a large round cake about the size of a pie-plate. Bake quickly and when done tear open, butter thickly lay one-half on





or wine, one teaspoonful of soda dissolved in as small a quantity of vinegar as will dissolve it. Cream the butter, and add to it the sugar and yolks of eggs, then the flour and whites alternately, then the spices and sour milk, and the soda last of all. Bake in small moulds quickly after it rises. This recipe never fails, and is a general favorite when served with French sauce as a pudding. The flavor is much admired.

**Spice Cakes** — These are the French *gâteaux d'épice*, they are made of the following ingredients: Molasses, one pint, butter,  $\frac{1}{2}$  lb., powdered ginger, 1 oz., powdered cinnamon, 1 oz., powdered allspice,  $\frac{1}{4}$  oz., coriander seeds and small cardamom seeds, pounded each  $\frac{1}{4}$  oz., candied lemon-peel chopped very fine, 2 ozs., tincture of vanilla, six drops, flour, as much as necessary. The molasses being set over the fire, the butter is to be added and successively all the other ingredients except the flour. Let them when well mixed take a single boil stirring all the while, then set them to cool. When cold, mix in with a wooden spoon as much flour as will convert the whole into a stiff paste. Butter a tin baking-dish and lay on it with the spoon the paste in bits of the size and shape necessary to form the small cakes or nuts. Set the baking-dish in the oven. You may ascertain when these cakes are done by taking one out of the oven and letting it cool. If when cold, it is hard they are done enough. These are considered the ne plus ultra of French gingerbread-nuts.

**Sponge Cake.** — Three coffee-cupfuls of flour the same quantity of white sugar nine eggs and one lemon. Beat the yolks and sugar lightly together add the juice of the lemon and a small portion of the finely grated rind. After it is well stirred add one teaspoonful of baking-powder mix this well also. To the yolks and sugar now add half of the beaten whites,

then all the flour and the remainder of the whites.

Another way — Ten eggs, two and a half cupfuls of sugar, two and a half cupfuls of pastry flour, and the juice and grated rind of one lemon are required. Beat the yolks and sugar together until very light, and add the lemon. Beat the whites to a stiff froth, and stir them in quickly at the last after the flour. This may be baked in one large sheet, or in a dozen small cakes and one large one. Use for the small cakes the ordinary gem-pans, either round or oval, which come in a single sheet. Half an hour will suffice to bake these in a moderate oven but the large cake will take considerably longer the time depending upon the thickness of the batter. A cake four inches thick when baked requires an hour and a quarter. It will keep moist several days, and even the small cakes, unlike baker's sponge cakes are good the second or third day if kept in a closely covered box. One of the tin cups with graduated marks, which holds half a pint, is best to use for measuring. This cake may be cut into finger-length strips and used for the home-made charlotte russe and is far better than baker's cake for the purpose.

**Sponge Cake for Two** — Beat the whites of four eggs to a stiff froth, add one teacupful of sugar, then the yolks, lastly, one teacupful of flour. To be perfect, this cake must always be put together in the order given in the recipe.

**Sponge Cake, Boiled** — Beat the whites and the yolks of seven eggs separately, then put them together and beat until very light. Boil together a cupful and a half of sugar and six table-spoonfuls of water, and, while hot pour slowly on the eggs beating steadily. Continue for fifteen or twenty minutes, then add the juice of a lemon and one and three-quarter cupfuls of flour.

**Sponge Cake, Quick.** — Beat two eggs and two cupfuls of sugar together



VIOLET JELLY WITH WHIPPED CREAM AND WREATH OF VIOLETS



CRAPÉ FRUIT WITH MARASCHINO CHERRIES

[See p. 97]



EGGS À LA BONNE FEMME

[See p. 97]





2½ ozs of chopped almonds or pistachio nuts, a small quantity of fresh yeast, and as much cream as will make a thick batter. Let the mixture settle, and bake the wafers in the usual way.

**Wafers, Fruit (for dessert)** — Put any kind of ripe well flavored fruit. Put it into an earthen jar covered closely, and set it in a pan of boiling water. Keep the water boiling quietly round it till the juice flows freely from the fruit. Strain it through a jelly-bag and with each pint of filtered juice mix 1 lb of powdered white sugar and the white of an egg. Beat the mixture till it forms a stiff paste. Spread it in a thin layer upon buttered paper and bake in a gentle oven till it is dry enough to leave the paper. Turn it upside down and put it again in the oven until it is perfectly dry. Stump it in shaper and place these between sheets of white paper in layers in a tin box.

**Wafers with Jelly** — Beat ¼ lb of fresh butter to cream. Add ½ lb of powdered sugar two eggs well beaten a quarter of a pint of milk a table-spoonful of brandy a table-spoonful of orange flower water half a nutmeg grated half a teaspoonful of powdered cinnamon a quarter of a teaspoonful of saleratus dissolved in a little hot water and as much flour as will make a very thick smooth batter. Beat the mixture well. Butter a large baking-sheet and spread the batter upon it in a layer not more than an eighth of an inch thick. Bake in a moderately heated oven till it is set. Cut it in halves spread a little jelly upon one half and lay the other half upon it. When cold cut it into fingers with a sharp knife. Place these in a glass dish, and serve. Time to bake the batter, about a quarter of an hour.

Waffles

See Bread

**Walnut Cake.**—One cupful of milk three-quarters of a cupful of butter,

two cupfuls of fermented cup or three cupful of flour, three even teaspoonsful of baking powder three eggs not quite a cupful of boiling English walnut. Beat butter and sugar together, beat the milk in slowly beat separately the whites and yolks of the eggs. Sift the baking powder into the flour add all together, putting the broken nut in after the butter is thoroughly beaten smooth. Bake in loaves, square pines. Ice both sides, and put one cake on top of the other. Divide the icing into square with the back of a knife and turn each square with half a nut laid in its centre.

**Walnut Cake, English** — This is very ornamental on a table if the icing is skillfully done. Cream thoroughly two cupfuls of sugar and one of butter then add five eggs ( Yolks and whites beaten separately ) two-thirds of a cupful of milk and three cupful of flour in which one teaspoonful of baking powder has been put before sifting. Beat the mixture well, and just before putting it into the pan stir in two teaspoonfuls of the kernels of English walnut broken into quarters. Bake in square or oblong pines. Spread over the top a thick layer of white icing, and when it begins to stiffen draw a sharp knife from end to end in lines about two inches apart then repeat in the same way across forming squares, in the centre of which should be placed a half-kernel of the walnut, reserved for the purpose.

**Washington Cake** — Two cupfuls of white sugar one cupful of butter, one cupful of sweet milk four eggs. Beat the whites and yolks separately add three cupfuls of flour, and a teaspoonful of baking powder. Bake in round flat tin pans. Peel and grate two large apples and the rind of a lemon add also the strained juice of the latter, one heaping cupful of white sugar, and one egg and let it boil up in a stewpan. Pour it out and when quite cool spread over the cakes, which must be placed one



—about the consistency of cookies—put half an almond in each corner of the cakes, lay a strip of candied lemon peel in the centre let them stand fifteen minutes, and bake in a moderately hot oven

**Wine-drops**—Two cupfuls of brown sugar, one cupful of seeded and chopped raisins two-thirds of a cupful of molasses, two-thirds of a cupful of lard or butter two-thirds of a cupful of sour milk or buttermilk two eggs half a cupful of currants, one table-spoonful

of powdered cinnamon, one teaspoonful of powdered cloves, one table-spoonful of allspice one level teaspoonful of soda, flour enough to make a batter to drop nicely from the spoon into the cakes Cream the sugar and butter then add the eggs unseparated the spices molasses and milk sift the soda with one cupful of the flour and add to the mixture then flour the fruit and beat in with the remainder of the flour drop four inches apart and bake in quick oven When done, dust with pulverized sugar

Calf's Brains, Fried	See Veal
.. Cutlets	
Calf's Foot, Baked, etc.	See Veal.
Calf's-foot Jelly.	See Jellies
Calf's Head, Vinaigrette	See Veal
.. Baked	
.. Scalloped	
.. Soup	See Soups

Calf's Liver and Bacon.	See Veal
.. Bourgeois	
.. Broiled	
.. Minced	..
.. Sauté.	..
Calf's Tongue.	See Veal
Canapés	See Sandwiches
Candied Fruits	See Candy

## CANDY

There are four well-marked stages of boiling sugar 1 the ' thread ' stage, at about 215° 2, the ' ball ' or ' fondant ' stage, at 235° to 245° 3 the ' glace ' stage, at about 300°, and 4, the caramel stage, at about 350°

**Fondant**—This is the basis of all French cream candies and can be used for icing cakes Stir one cupful of sugar and a half-cupful of water over the fire until the sugar dissolves While boiling wipe away any crystals forming on the edge of the saucepan with a wet cloth, taking care not to touch the boiling sugar Allow it to boil till it spins a thread This is the first stage The best way to test it is to hold a bowl containing ice-water in one hand. Dip two fingers,

or a small stick, into the water, then into the boiling mixture

When you can roll what is on your fingers into a soft ball the fondant is done Turn it on to a plate very lightly greased with salad oil or preferably on a marble slab and when cool stir it until it becomes a smooth, creamy white paste Should the fondant become grained, put it back into the saucepan with a table-spoonful of water and begin again If allowed to pass the thread-spinning stage through too great a heat, it will become hard and crisp and if still hotter it passes into the caramel stage While French candies and bon-bons can be made at home in perfection there are many simpler varieties quite as satisfac-

tory, and in many cases more wholesome

**Chocolate Caramels** — Mix together in a large agate-ware pot 1 lb of light-brown sugar, 4 ozs of grated chocolate (unsweetened), one gill of molasses, one gill of cream, and 4 ozs of butter. Place over a slow fire and stir until thoroughly melted and mixed. Do not stir again. Let it boil slowly until it has reached the crack degree, which can be determined as follows: Dip a small stick into the boiling candy, and then put it into a bowl with water and ice. It is important to have ice in the water. If the candy breaks between the fingers with a sharp cracking noise, it is finished. Always make your test with the fingers under the water and after the candy has been in the water a full half-minute. Before lifting from the fire pour in a tablespoonful of vanilla extract. Then lift and pour the candy into a thoroughly greased (use butter), shallow pan, and allow to cool. When cool, cut into squares. Never make in damp or rainy weather.

**Chocolate Creams** — Take two cupfuls of granulated sugar and half a cupful of cream. Boil for five minutes from the time that it begins to boil hard, not from the time that it is set on the stove. After taking it from the fire set in cold water, stirring until it is stiff. Flavor as soon as it is removed from the stove with a teaspoonful of vanilla. When the mixture has stiffened drop it with a spoon on waxed paper, and, as soon as it is cool enough mould into balls. Have a cake of chocolate in a small tin pan set it in boiling water and let it dissolve. Then take the balls and roll in the melted chocolate. Lift them out with a wire fork, and lay them on the waxed paper to harden.

**Cocoanut Caramels** — Put 3 lbs of granulated sugar with a tablespoonful of butter, 1 cupful of milk, and two teaspoonfuls of extract of lemon

in a kettle. Set over the fire and stir until dissolved. Add one grated coconut, boil until stiff, pour into buttered tins. Let stand a few minutes, mark off into tiny squares, let cool, and break apart. For a variety the coconut may be omitted, and the caramels flavored with vanilla, lemon or pineapple. All caramels are better when freshly made.

**Cocoanut Cream-bars** — Boil 3 lbs of granulated sugar, a teacupful of water, and half a teaspoonful of cream of tartar together until thick, flavor, take from the fire let cool slightly in the kettle, then with a large wooden spoon rub and scrape the mixture against the sides of the kettle until it looks creamy. Add a large, grated coconut, mix well, but do not let stand too long. Pour into wide, shallow tins covered with buttered paper. When cold, lift the paper out, cut the candy into bars, and stand aside a day or two before using. Chocolate or any nuts desired, may be used in place of the coconut.

**Cream Candy** — Put four cups of granulated sugar with two of water and one of thick cream in a kettle, stir until the sugar dissolves, add a tablespoonful of butter and a pinch of soda. Let boil until it is brittle. Flavor with vanilla. Pour into buttered plates and cool quickly. Take up, and pull rapidly and evenly until the mass becomes soft and smooth to the touch. Draw out into flat sticks, and let stand in a dry place until creamy, then drop in wax or buttered papers, and put away in an air-tight box.

**Cream Chocolates** (made without boiling) — Put the white of one egg and an equal quantity of cold water into a bowl, flavor with vanilla, and beat until frothy. Sift in sufficient confectioner's XXX sugar to make a stiff paste. Work all together until smooth. Form into small balls, lay on grooved paper and set in a cool, dry place for two or three hours.



Put  $\frac{1}{2}$  lb of chocolate into a small tin sauce-pan, and set in warm water to melt. Put one ball at a time on the end of a fork dip into the melted chocolate until well covered drain, and slip on to greased paper. Stand in a cool place overnight.

**Cream Dates** — Remove the stones from dates, make the cream as in cream chocolates, without boiling roll into oblong shape, put into the date where the stone was removed press the two halves together, roll the whole in granulated sugar, and set away.

**Cream Walnut** — Take large walnut meats from the shells make the cream as in chocolate creams, without boiling, into small round cakes, press the meats into the sides, and roll in granulated sugar.

**Crystallized Fruits** — Boil two cups of granulated sugar with two-thirds of a cup of water. Let it boil until it will thread in drops from the spoon or harden in cold water. Then dip once or twice as may be necessary into the syrup white grapes, sections of orange dates cherries, or fruits of any kind. Put them on waxed paper, and set away to harden.

**Crystallized Oranges** — Peel and quarter the oranges make a syrup of 1 lb of sugar to one pint of water let this boil until it is like candy around the edge of the dish then dip the oranges in this and let them drain keep them where it is warm and the candied syrup will become crystallized.

**English Walnuts** — Take the halves carefully from the shells in order not to break them make cream candy according to the directions given for the chocolate creams without boiling and press half a nut on each side of the balls of candy while they are soft, pressing them so as to flatten the cream.

**Fig Paste** — Chop into bits and boil 1 lb of figs, when soft strain and press through a sieve, return to the water in which they were boiled, and which should be reduced to one cupful stir in 3 lbs of granulated sugar, and cook down slowly until a thick paste is formed. Pour in pans lined with paper, let cool take out on the paper, and cut into sections. Dust with powdered sugar.

**French Candy** — Take the white of an egg and an equal quantity of lemon or orange juice. Mix well together, and add confectioner's sugar until the whole is stiff enough to roll into balls.

**Fruit, To Candy** — Make a syrup with 1 lb of sugar and half a tea-cupful of water. When boiling has nearly reached the caramel stage, put in any preserved fruits and stir gently until they get crystallized, then take them out, and dry them in an oven or before the fire, but do not let them get colored.

**Fudge**. — Put in a porcelain-lined saucepan two cups of granulated sugar, four sections of unsweetened chocolate (broken into bits) two heaping table-spoonfuls of butter, and one cup of milk. Cook all together, stirring constantly to prevent burning for twenty minutes. At the end of that time dip out a little of the mixture and try it by putting it on a cold plate. If it is done it will form a soft yet friable paste. Flavor the contents of the saucepan with vanilla beat hard for a few minutes, and turn the fudge into greased candy-pans. Cut into squares while warm.

**Horehound, Candied** — Boil horehound in water until the juice is all extracted. Take your sugar and boil up to a syrup then add the horehound-juice to the syrup boil up again stir with a spoon against the sides of the sugar-pan. When it begins to grow thick, pour out in a paper case dusted with fine sugar,

and cut in squares The horehound may be dried, and then put in the sugar, finely powdered and sifted

**Lemon-drops**—Strain the juice of three or four large lemons into a bowl, then mix powdered loaf sugar with it until it is quite thick Put it into a pan and let it boil for five minutes, stirring it constantly Drop it from the end of a spoon upon writing-paper, and, when cold keep the drops in tin canisters until wanted for use Or take 2 ozs of powdered loaf sugar, mix with them the grated rind of three large lemons and half a teaspoonful of fine flour Whisk the white of an egg thoroughly Work it up with the other ingredients to a light paste, then place it in drops upon a sheet of writing-paper, and dry before the fire until the drops are quite hard Time, half an hour to prepare

**Maple-balls**—Cook, without stirring two cups of grated or fine maple sugar and one cup of water When it reaches the hard-ball stage, add one heaping table-spoonful of good butter Remove from the fire and beat until creamy When cold enough to handle make into balls, and put half of an English walnut or hickory-nut on each side

**Maple Caramels**—Make a rich maple syrup by boiling maple sugar with a little water To three cups of this syrup add two cups of light-brown sugar, three table-spoonfuls of glucose, and one-half cup of boiling water Stir all together then boil until it reaches the caramel stage Now add a cup of rich, sweet cream, and half a cup of butter, and let it boil until it will snap when dropped into iced water Keep stirring it all the time When done, remove from the fire and pour into a buttered shallow pan to cool As soon as cold, cut it into blocks and wrap each in paraffine paper

**Maple Creams**—Mix 2 lbs maple sugar, one-quarter teaspoonful cream

of tartar, and a cup of water Boil in a granite or porcelain kettle until the soft-ball stage is reached To test, drop a little of the syrup into iced water and immediately roll it between the thumb and finger, and if it will readily form into a soft ball it is cooked enough Set it away in the kettle until it is almost cold, then heat until creamy, then pour into a shallow, buttered tin pan When perfectly cold, turn the pan upside down and the cream will drop out Cut into small squares with a sharp knife

**Maple Taffy**—Boil together 2 lbs of maple sugar, 1 lb of light-brown sugar,  $\frac{1}{2}$  lb of glucose, and a pint of water When the taffy reaches the caramel stage pour it into a buttered dish to cool When cool, pull until white

**Marsh-mallows**—Dissolve by heating over a slow fire 8 ozs of gum-arabic in three gills of water, stir, and strain Boil 1 oz of marsh-mallow roots in a little water for half an hour strain and boil low add the gum solution with  $\frac{1}{2}$  lb of loaf-sugar or powdered sugar let cook slowly and stir constantly until it becomes a thick paste which will roll between the fingers add the well-beaten whites of two eggs stir for a minute or two and pour into a pan or box to cool In the bottom of the box or pan sheets of white paper should be placed with the ends projecting from the sides by which to lift out the paste when it may be cut in little blocks and rolled in powdered sugar

**Molasses Candy**—Half a pound of brown sugar  $\frac{1}{4}$  lb of butter one quart of molasses boil until it will crack when dropped into cold water Add if you like, 1 lb of shelled walnuts or blanched peanuts just as the kettle is lifted from the fire Spread on dishes and cut into squares, or pull and plait as you choose

**Nut Bars**—Peanuts almonds English walnuts, or pecans may be

used for this candy. Prepare the nuts by removing the inner covering and chopping them. Grease the bottom and sides of a broad, shallow tin pan with fresh butter, and put the nuts into it, spreading them evenly. Put 1 lb of granulated sugar, with half a teacup of water and a pinch of cream of tartar into a kettle, and boil until thick but not too brittle. Pour the syrup over the nuts and set aside to cool. When slightly stiff mark off into wide bars with a sharp knife and let stand several days, when it will become soft and delicious.

**Old-fashioned Butter-scotch**—Put 3 lbs of yellow sugar in a kettle, with  $3\frac{1}{4}$  lb of butter. Set over the fire to melt let boil until thick, stirring all the while to prevent scorching. Take from the fire pour into buttered tins or trays. When stiff mark off into squares. When cold, break apart and wrap each square in wax paper. This candy will keep a long time and improve with age.

**Oranges, Candied**—Take seven or eight good-sized oranges peel carefully divide into quarters and set aside. Next boil together three cups of sugar and one of water to a syrup add the juice of one lemon when sufficiently cooked then take up each section of orange separately with a fine knitting-needle and dig into the syrup set aside on a large dish to cool and harden. Should the syrup get cold before all are done it may be set over the fire again for a few moments.

**Orange-peel, Candied**—Cut the peelings into thin strips and soak in salted water for twenty-four hours then wash in many fresh waters until no trace of a saline flavor remains. Cover the orange-peel with cold water and bring slowly to a boil then stew until tender. From fifteen to twenty minutes will usually suffice. To every pint of the stewed rind add 1 lb of granulated sugar.

Put on the range with the water in which the peel was boiled, and stew all together until the syrup is thick. Take out a piece of the rind, and if, as it cools, the syrup candies on it, it is done. Turn into a colander, drain off the syrup, and spread the candied peel on plates to dry. While the process of stewing is going on, much care must be exercised to prevent the contents of the saucepan from burning.

**Peanut Candy**—Remove the shells and skins from roasted nuts, putting them an inch thick in a buttered tin pan and pouring over them sufficient sugar boiled to a caramel point to hold the nuts together, but not to cover them, directly after the sugar has reached that degree of boiling it begins to burn at this moment the sugar-boiler must be taken from the fire, set at once into a pan of cold water to check the boiling, and the caramel poured over the nuts.

**Pop-corn Candy**—Put two cups of sugar two table-spoonfuls of butter, and a cup of water in a kettle to boil until the syrup threads. Mix in four quarts of popped corn stir, take from the fire and stir until cool, make into balls, or little, flat cakes.

**Stick Candy**—Put 3 lbs of granulated sugar in a kettle with two teacups of water and a teaspoonful of cream of tartar dissolved in a little warm water. Stir over the fire until the sugar is dissolved cover the kettle while the syrup is boiling. Skim carefully. When a few drops will harden in cold water, take the candy from the fire add the flavoring and coloring pour out into well-buttered plates. When cool pull and make into sticks. If clear candy is desired, pour in the plates when nearly cold, mark it off into squares or flat sticks, which, when cold, can be broken apart.

**Taffy**—Put 2 lbs of brown sugar, with half a cup of water, in a candy-



around the sides of the mould to loosen the cake, and turn the charlotte russe out upon a chilled platter

**Charlotte Russe, Coffee** — Prepare a charlotte russe filling by adding to a pint of cream whipped stiff two table-spoonfuls of powdered sugar and quarter of a box of gelatine which has been soaked one hour in three table-spoonfuls of cold water and dissolved in two table-spoonfuls of boiling water. To this mixture put two table-spoonfuls of the very strongest coffee that can be made. It should really be the very essence of the berry. Beat in the gelatine slowly with care not to break down the cream. Line a brick-shaped mould with slices of angel cake sponge cake, or lady fingers, and when the filling begins to thicken turn it into the mould. Leave it in a very cold place until wanted. If possible it is well to make it the day before it is to be eaten. Instead of coffee any other desired flavoring will answer.

**Charlotte Russe, Paris** — Split a dozen lady fingers, arrange them around the sides of a charlotte-mould. Cover the bottom with candied cherries

and strawberries. Beat the yolks of four eggs slightly, and mix in half a pint of milk. Pour in a double boiler and stir until thick. Dissolve a table-spoonful of gelatine in a little water, and strain into the custard. When cool, add a teacupful of thick cream half a teacupful of sugar, and a teaspoonful of vanilla. Mix well, pour into the mould. Set on ice, when firm, turn out carefully and serve.

**Charlotte Russe, Strawberry**, is made of eight lady fingers, one quart of berries, half a pint of cream and two cupfuls of sugar. Split the lady fingers and line a dish with them. Place in the bottom of the dish a layer of berries and sift over them some powdered sugar, whip cream to a stiff froth and add a layer of it then another of fruit and sugar and so on until all the fruit and cream are used. Place on ice. Serve cold. Any other berries or fruits can be used.

**Charlotte of Apples** See Fruits

**Chartreuse** — A name given to dishes where one element is hidden by the use of one or two others. Also name of a well-known liqueur.

## CHEESE

**Cheese Balls, Fried** — Cheese which has become a little dry will answer for this purpose though of course, fresh cheese will be better. Put 3 ozs of cheese in a mortar, with a dessert spoonful of finely minced ham three dessert-spoonfuls of finely grated bread-crumbs a teaspoonful of dry mustard, a piece of butter about the size of a small egg two or three grains of cayenne and the yolk of an egg well beaten. Pound these ingredients together until they are perfectly smooth then form the paste into balls about the size of a walnut flatten to a thickness of half an inch dip them in batter and fry them

until lightly browned and drain. Place them on a napkin and serve as hot as possible. Time to fry, two or three minutes.

**Cheese Canapés** — Cut a stale loaf into slices about a quarter of an inch thick. Divide these into pieces about two inches long and one inch wide and fry them in hot butter or oil till they are a bright golden color. Spread a little thin mustard on each of these pieces lay over that some good cheese and put them in a quick oven till the cheese is dissolved. Serve as hot as possible. Time, altogether, about half an hour.

**Cheese, Cayenne** — Take  $\frac{1}{4}$  lb each of flour, butter, and grated cheese. Mix them thoroughly, and add a pinch of salt and cayenne pepper to taste. Mix with yolk of egg and water to a smooth, stiff paste, roll this out to the thickness of half an inch then cut it into pieces about three inches long and one inch wide. Bake these until they are lightly browned, and serve them as hot as possible. Time to bake the fingers, five to ten minutes.

**Cheese Charlottes** — Mash smooth half a cream-cheese with one table-spoonful of Roquefort crumbs, using enough sweet cream to make it soft. Add one cupful of sweet cream two table-spoonfuls of dissolved gelatine and salt and cayenne to taste. Fill twelve Swedish timbale-cases with this mixture. Sprinkle over with Parmesan, and put in a cold place.

**Cheese, Cottage** — Take a pail of new, rich milk, put it in a kettle and let it scald (be careful that it does not boil or the curd would become hard and tough), then strain through a thin cotton bag, allowing it to hang and drain all night. In the morning add a teaspoonful of salt, a small piece of butter, and sweet cream. Serve with cream in addition, or make up into rolls or cakes.

**Cheese, Cottage**, seasoned with paprika butter, and chives makes a nice relish with cold roast beef.

**Cheese, Cream** — Take some thick cream and tie it in a wet cloth. Stir a teaspoonful of salt into every pint of cream. Hang it in a cool, airy place for three or four days to drain, then turn it into a clean cloth which must be put into a mould and under a weight for about twenty-four hours longer, when it will be fit for use.

**Cheese, Cream, with English Walnuts** — Cover a layer of cream-cheese, that has been sprinkled with powdered sugar, with sliced English wal-

nuts, alternating the layers and taking care that the nuts form the top layer. Serve very cold.

**Cheese Cutlets** — Melt one table-spoonful of butter in a saucepan stir in two table-spoonfuls of corn-starch and a dash of paprika, add gradually one cup of hot thin cream, stirring constantly. When thick and smooth, stir in four heaped table-spoonfuls of grated cheese (sage, Parmesan or sap sago) when melted, add one cup of any mild cream-cheese, cut into bits. Mix quickly and turn into a buttered pan or into cutlet-moulds. When cold, cut into small triangles (if cooled in the pan), turn out and cover with fine bread-crumbs, beaten egg, and another coating of crumbs then cook one minute in deep, smoking-hot fat. Drain and serve quickly as a course for luncheon.

**Cheese Fondue** — Melt 1 oz of butter in a saucepan, mix smoothly with it 1 oz of flour, a pinch of salt and cayenne and a quarter of a pint of milk, simmer the mixture gently over the fire stirring it all the time, till it is as thick as melted butter. Stir into it about 3 ozs of finely grated, good cheese. Turn it into a bowl, and mix with it the yolks of two eggs, well beaten. Whisk three whites to a solid froth and stir them into it, and pour the mixture into a soufflé dish or small, round tin. It should be only half filled as the fondue will rise very high. Pin a napkin round the dish in which it is baked, and serve it the moment it is taken out of the oven, as if it is allowed to fall, its beauty will be entirely gone. On this account it is better to have a metal cover over it, strongly heated. Time, twenty minutes.

Another way — Melt one table-spoonful of butter in a chafing-dish over hot water. When hot add one cupful of milk one cupful of fine bread crumbs two cupfuls of grated cheese, a little salt mustard, and cayenne. Stir until the cheese is melted, then add two beaten eggs,

stirring until the mixture is thick. Time two or three minutes. Serve at once.

**Cheese with Macaroni** — Drop  $\frac{1}{4}$  lb of macaroni in some boiling milk and water and let it simmer gently until it is quite tender but firm. Put 4 ozs of grated cheese in a cupful of boiled cream or new milk and place the mixture in a saucepan with a blade of mace, three or four grains of cayenne, a piece of butter, and a little salt. The cheese must be quite free from rind and should be stirred constantly until it is quite melted and we would recommend a mixture of cheeses as Parmesan, if used by itself soon gets lumpy. When it is dissolved add the boiled macaroni to it first putting it in a sieve for two or three minutes to drain. Let it simmer for a few minutes longer then put it into a dish strewn over it some finely grated bread-crumbs and brown in a hot oven or with a salamander. Good white sauce may be substituted for the cream. Time one hour and a half to boil the macaroni.

See also recipes under Macaroni.

**Cheese Omelet** — Prepare the eggs as for a plain omelet. Mix with them 2 ozs of finely grated Parmesan cheese a small pinch of salt and two pinches of pepper. Fry the omelet in the usual way. An ounce of Gruyère cheese grated sprinkled in just before folding the omelet is an improvement. Fold and serve immediately. Time four or five minutes to fry. Any other cheese can be used in making this omelet.

**Cheese Paste**. — This is made by pounding cheese in a mortar with a little butter and adding wine vinegar, pepper, and mustard according to taste until it is of the consistency of stiff paste. It is then used as a relish with bread-and-butter or biscuits for luncheon supper etc. Cream-cheese may be made into a paste by mixing it with a little flour and butter

and two or three eggs beaten with a little good cream. Time to prepare, about half an hour.

**Cheese Pastry, Ramequins of** — Take one good puff paste. Any that is left after making pies, tarts, etc will answer the purpose. Roll it out lightly and sprinkle over it nicely flavored grated cheese. Fold the paste in three and sprinkle every fold with the cheese. Cut little shapes out with an ordinary pastry cutter brush them over with the beaten yolk of egg and bake in a quick oven. Serve them as hot as possible. Time to bake, ten minutes.

**Cheese Patties** — Line the tins with good puff paste, and half fill them with a mixture made thus. Put  $\frac{1}{4}$  lb of cheese, cut into small pieces, in a mortar with a pinch of salt, half a teaspoonful of pepper, half a teaspoonful of raw mustard and a piece of butter the size of an egg. Pound it smoothly, and add by degrees the well beaten yolks of three eggs and a table-spoonful of sherry. Mix these ingredients thoroughly, and just before the patties are to be baked add the white of an egg beaten to a solid froth. Bake in a quick oven. Time, about a quarter of an hour.

**Cheese, Potted** — Put  $\frac{1}{2}$  lb of good rich cheese cut into small pieces into a mortar with  $1\frac{1}{2}$  ozs of fresh butter a teaspoonful of sifted loaf-sugar a teaspoonful of mustard and a little cayenne curry powder or anchovy powder. Pound these ingredients well together and as soon as the mixture becomes a smooth paste put it into a jar cover it with clarified butter, and tie it up closely. A little sherry may be added or not. Potted cheese is good spread on bread-and-butter and is more digestible than when eaten in the usual way. Dry cheese may be used for it. If very dry, a larger proportion of butter will be required. If the butter used is sweet, and it is covered quite closely





with people's tastes, a salt-spoonful of mustard and a teaspoonful of Worcestershire sauce being quite safe amounts for the above proportions. The rabbit is done when it has reached a thick creamy consistency, and will suffer from over-cooking as much as from too little. The amount of liquid must vary with the kind of cheese and beer used; the beer should not be added until the rabbit is the right consistency. Placing a poached egg on the top of a rabbit makes it a "Golden Buck."

Another way (the Major's recipe) — Cover the floor of the chafing-dish with about one-quarter of an inch of beer or ale. Salt plentifully, bring it to a boil. The cheese having been prepared by grating or cutting, should then be put into the boiling beer seasoned with butter, pepper, dry English mustard, and perhaps Worcestershire sauce (according to taste). The cheese should be stirred slowly and any lumps smoothed out. The rabbit is cooked when the heat has made the cheese into a thick paste. Just before the cheese has arrived at the proper consistency an egg that has been beaten only so much that the yolk and the white will go together should be poured slowly in while it is being stirred. The rabbit should be served on toast

and it is important that the plates should be very hot.

Welsh Rabbit (without ale or beer) — Put toast or slices of dry wheat bread on a hot plate and then keep warm. Take 1 lb. of good American cheese, not soft like putty, nor so hard that it is very brittle. Cut and off thick, and break or cut cheese in pieces the size of walnuts, or smaller. Butter a polished pan over a hot fire. A teaspoonful of butter suffices as too much butter makes the rabbit too rich. Put in the cheese, stir, and when melting add two or three large table-spoonfuls of milk, and keep stirring till all is melted and well blended, then, when it "boils and bubbles," add one teaspoonful of Worcestershire sauce or English mustard. Pour it over the toast and let each participant apply his or her own salt.

If the cheese is too fresh and soft the rabbit becomes stringy. To avoid this when it is finished stir in a beaten egg, but this gives it a decidedly different flavor, and for many is too rich.

Cheese and Rice Fritters	See Fritters
and Spaghetti Fritters	
Cakes	See Cakes
Omelet	See Eggs
Sandwiches	See Sandwiches
Soufflé.	See Soufflés

Cherries — The following recipes for cooking cherries will be found under their respective headings as indicated.

Cherries and Tapioca	See Fruits.
Cheese	
Compote of	
Pickled	See Pickles
Pie	See Pies
Mock.	
Preserved	See Preserves
Pudding, Baked—Boiled	
	See Puddings.
.. Sauce	
Salad.	See Salads
Soup or Bouillon.	See Soups

Cheese Cakes	See Cakes
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Cheshire Cream.	See Creams
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Chestnuts — The following recipes for cooking chestnuts will be found under their respective headings as indicated.

Chestnut Cream	See Creams
Cream of	See Soups
Compote of	See Fruits
Mountain	
Force-meat.	
..	See Force-meats
Pudding	See Puddings
Salad	See Salads

Chicken — The following recipes for cooking chicken will be found under their respective headings as indicated

Chicken Broiled See Poultry

Baked

Breaded

Broiled

Broth

Celeryed ..

Con omme ..

Creamed ..

Crook fish on ..

Croquettes ..

Curried ..

en Casserole ..

Enchilada ..

Fried ..

Gumbo ..

in Aspic ..

Parasol ..

Patties ..

Pie ..

Potato ..

Pudding ..

Ragout of ..

Risoles ..

Solid ..

Spring

Stew

Supreme of

Terrapin

Solid

Sandwiches

See Sandwiches

and Ham

Sandwiches

and Nut

Sandwiches

Souffle

Gumbo

Soups

Timbales

See Timbales

Chicory Purée

See Mutton

Chilli Sauce

See Pickles

Chocolate — The following recipes for cooking chocolate will be found under their respective headings as indicated

Chocolate

Frappé

Blanc-mange

See Blanc-mange

Chocolate Cake

See Cakes

Delicious

Liver Cake

Mutton

Caramel

See Candy

Creams

Creams

See Creams

Curry

See Curries

Ice-cream

See Ice

Pudding

See Puddings

Sandwiches

See Sandwiches

Soufflé

See Souffles

Chow-chow

See Pickles

Chowder

See Fish

Chutney

See Pickles

Cider

See Beverages

Cup

Sweet

Cinnamon Cake

See Cakes

Citron — The following recipes for cooking citron will be found under their respective headings as indicated

Citron Cake

See Cakes

Preserve

See Preserves

Pudding

See Puddings

Spiced

See Pickles

Clams — The following recipes for cooking clams will be found under their respective headings as indicated

Clam Bisque

See Fish

Broth

Chowder

Fritters

Fritters

See Fritters

Soup

See Soups

Claret Cream

See Creams

Claret Cup

See Beverages

Claret Jelly

See Jellies

Clarifying Fat

See Drippings, Suet

Clarifying Soups

See Soups

Clarifying Sugar See Fruits

Clotted Cream. See Creams

Cock-a-Leekie See Soups

Cocoa.—Recipes calling for cocoa will be found under their respective headings as indicated  
 Cocoa Blanc-mange

Iced See Blanc-mange  
 Shells See Beverages

Cocoanut — The following recipes for cooking cocoanuts will be found under their respective headings as indicated

Cocoanut Cake See Cakes  
 Jumbles  
 Snow-balls  
 Caramels See Candy  
 Cream Bars  
 Cream See Creams  
 Ice-cream See Ices  
 Pie See Pies  
 Pie-crust  
 Pudding See Puddings

Cod — The following recipes for cooking cod will be found under their respective headings as indicated

Cod à la Bechamel See Fish  
 à la Bonne Femme  
 Boiled ..  
 Broiled ..  
 Cakes  
 Head and Shoulders  
 Matelote of

Coffee — The following recipes for coffee in different forms will be found under their various headings as indicated

Coffee See Beverages

Black.  
 Cuban  
 Frappé  
 Blanc-mange

See Blanc-mange

Cake See Cakes

Bavarian Cream See Creams

Cream.

Custard See Custards

Ice-cream See Ices

Coffee, Mousse  
 Foam  
 Jelly

See Ices  
 See Jellies

Cold-slaw Salad. See Salads

Collared Breast of Lamb  
 See Mutton.

Coloring — *Brown* It is a very usual practice to make brown coloring as it is wanted by burning a little sugar in an iron spoon and stirring it into the soup or sauce By this means the flavor is almost sure to be spoiled The better plan is to make a little browning and keep it stored for use It will keep for years Put  $\frac{1}{4}$  lb of granulated sugar into a saucepan with a table-spoonful of water, and stir unceasingly over a gentle fire, with a wooden spoon, until it begins to acquire a little color Draw it back and bake it very slowly still stirring it, until it is almost black without being in the least burned It will take about half an hour Pour a quart of water over it let it boil for a few minutes until the sugar is quite dissolved, pour it out and when cold strain it into a bottle and store it for use A table-spoonful of this browning will color half a pint of liquid, and there will be no danger of an unpleasant taste being given to the sauce etc. The addition of a little claret or mushroom catsup will often impart as much coloring to sauces as is required When it is wished to thicken the sauce as well as color it brown thickening should be used *Green* Pound some young spinach or beet leaves Press out the juice and put it in a cup Place this cup in a saucepan of boiling water and let it simmer gently to take off the raw taste of the juice Before using it mix it with a little finely sifted sugar *Red* Two or three drops of cochineal will impart a beautiful red or pink coloring *White* Use pounded almonds arrow-root or cream *Yellow* For a clear yellow dissolve orange or lemon jelly For an opaque, pound the yolks of eggs

and mix it with the liquid or add a little saffron See also Jellies made with gelatine

Composition Cake See Cakes

Compotes of Fruits See Fruits  
Syrup for See Fruits

Consommé Soup See Soups

Cooked Salad (Dr Kitchiner's) See Salads

Cookies See Cakes

Coquille of Fish See Fish

Cordials, Home-made See Beverages

**Corn.** — The following recipes for cooking corn will be found under their respective headings as indicated

Corn and Rice Bread See Bread

Bread

Batter Bread.

Cakes

Dodgers

Griddle Cakes

Meal Griddle Cakes

Muffins

Omelet See Eggs

Fritters See Fritters

Meal Pudding See Puddings

Pudding

Soup See Soups

Dried See Vegetables

Fried

Green, Boiled.

Stewed

**Corn Flour (for Children)** — To two teaspoonfuls of corn flour, mixed with two table-spoonfuls of cold water, add half a pint of boiling milk, boil for eight minutes, and sweeten slightly. It should be, when warm about the thickness of cream. For children of a year old and upward, it may be prepared wholly with milk, and thicker. For children's diet it is important that good sweet milk should be used

**Corned Beef** — The following recipes for cooking corned beef will be found under their respective headings as indicated

Corned Beef, Boiled See Beef  
Potted  
Scrapple  
Spiced

Corn-starch Cake See Cakes

Cottage Cheese See Cheese

Cottage Pudding See Puddings

Court Bouillon (for boiling fish) See Fish

Crab Apples, Preserved See Preserves

**Crabs** — The following recipes for cooking crabs will be found under their respective headings as indicated

Crab, Baked See Fish

Curried

Devised

Soft-shell.

Soup

Soup See Soups

**Crackers for Invalids** — One quart of flour, two eggs, one table-spoonful of sugar. The eggs and sugar must be beaten well together. One large spoonful of butter and lard mixed, to be rubbed well into the flour. Mix all together, and beat long and well. Roll out as thin as a wafer.

**Cranberries** — The following recipes for cooking cranberries will be found under their respective headings as indicated

Cranberry and Rice See Fruits

Gruel

Bavarian Cream

See Creams

Pie See Pies

Jelly See Preserves

Dumpling See Puddings

Pudding

Sauce See Sauces

Crayfish Soup See Soups

**Apple Cream** — Boil twelve large apples in water till soft, take off skin, and rub pulp through hair sieve upon  $\frac{1}{2}$  lb of granulated sugar whip whites of two eggs, then add all to apples, beat until it is very stiff and looks quite white. Serve heaped up in a dish. See also Fruits

**Banana Cream** — Rub through a coarse sieve, add as much cream as fruit, and a pinch of salt. To one pint of this mixture add 2 ozs of powdered sugar. Beat this with a whip until it is light and frothy. Serve in glasses and sprinkle blanched and powdered almonds over the top. In the centre of each place a candied cherry. Serve cold.

**Bavarian Cream** — Soak half a package of gelatine in a cupful of cold water two hours. Mash together one quart of berries and one cupful of sugar and let them stand an hour. Then press through a fine sieve rejecting the seeds. Pour half a cupful of hot water on the soaked gelatine and when it is dissolved add the strained berries. Stand the pan containing the mixture in a basin of ice-water and beat until it begins to thicken then stir in one pint of cream that has been whipped light and dry. Stir gently from the bottom of the dish until it is quite thick, then pour into a mould and set away to harden. Serve with whipped cream. When serving, heap fresh berries or fruit in the centre of the mould and pass whipped cream in a separate dish.

**Bavarian Creams (general directions)** — All Bavarian creams are easily made and can be prepared some time before dinner.

The cream should be thoroughly chilled before it is whipped and drained. The gelatine should not be boiled, but should be soaked in cold water at least an hour before it is used. The cream is not to be added to the gelatine mixtures until these are partly frozen and are beginning to set.

All Bavarian creams make good charlotte russe.

**Cake, Cream for** — Heat one pint of milk, and add to it one table-spoonful of corn-starch dissolved in a little milk. Two eggs, one cupful of sugar, all beaten together, boil it until it thickens. Split the cakes when cold, and fill with cream.

**Cheshire Cream** — Put the thin rind of a small lemon into a break-fast-cupful of thick cream. Let it remain for an hour or more, then take it out, and add a small tea-spoonful of lemon-juice, a dessert-spoonful of sugar, and a glass of sherry. Beat these thoroughly, and place the froth as it is made, on a sieve to drain, and let it remain five or six hours. When ready to serve, put it on a glass dish with a border of macaroons or cocoanut biscuits round it.

**Chestnut Cream** — Boil the chestnuts, remove the skins and husks, boil them again in half a pint of milk, sweetened with 1 oz of sugar and a teaspoonful of vanilla extract. Pass through a wire sieve. Add a wineglassful of maraschino to it. Melt 1 oz of gelatine in a cupful of cold water. Whip up half a pint of cream and mix it lightly with the chestnut purée and stir in the melted gelatine which has been warmed. If too cold the gelatine will make the cream lump; if too hot it will destroy the lightness of the cream. Turn it into moulds. This makes a pretty dessert if it is surrounded with a border of wine or lemon jelly.

**Chocolate Cream** — Grate 1 oz of the best chocolate and 2 ozs of sugar into a pint of thick cream. Boil it stirring it all the time until quite smooth, then add, when cool, the whites of four eggs beaten to a solid froth. Half fill the glasses, and whip the remainder into a froth to put at the top. Time, twenty minutes.

Another way — Allow enough new milk to fill ten small cups, set it on to boil, and, having mixed in half a pint of milk 2 ozs of grated chocolate, add it to the boiling milk. Just before it comes off the fire pour in the yolks of six eggs, beaten and mixed in a little milk, and  $\frac{1}{2}$  lb of white sugar. When cool, mix in the beaten whites of the eggs and a small quantity of vanilla boiled in milk. Fill the cups nearly full, place them in water, and boil half an hour. Serve cold.

Another way — One quart of milk, four table-spoonfuls of sugar, two table-spoonfuls of corn-starch,  $\frac{1}{8}$  lb of chocolate, a little vanilla, two eggs. Let the milk get very hot, but not boiling. Smooth the corn-starch with cold milk. Beat eggs and sugar together, grate the chocolate, and dissolve it with hot milk. First stir in the corn-starch, then the sugar and chocolate, and let it boil until it thickens, which will be in a few moments. Stir all the time, and after it is taken off still stir it until it begins to cool. This makes it very smooth. Add three tea-spoonfuls of vanilla. Pour it into the dish in which it will be served at the table, and put it on the ice. It is very nice frozen.

**Claret Cream** — Pour a pint of claret jelly into a border mould, and set to harden. Dissolve a tea-spoonful of gelatine, mix in a coffee-cupful of thick, sweet cream. Whip until solid, add 1 oz each of candied strawberries and orange. Set on ice. Turn the jelly out on a round glass dish. Pile the whipped cream in the centre, and serve.

**Clotted Cream** — Clotted cream is made by putting the milk into a large metal pan and allowing it to stand without moving it for some hours, — twenty-four in winter, twelve in summer. The pan is then placed on a stove or over a very slow fire, and some distance above it, so that it will heat without boiling, or even

simmering, until a solid mass forms on the top. Lift off the cream and let it get cold.

**Cocoanut Cream** — Grate two large, fresh cocoanuts. Mix with two table-spoonfuls of sugar. Melt a table-spoonful of gelatine in a little water. Beat the whites of five eggs. Mix them very gently in a pint of milk, set over the fire and stir until the mixture begins to thicken. Sweeten with half a cupful of sugar. Add the gelatine and cocoanut with the cocoanut milk to the custard. Let cool, pour into a mould, and set on ice.

**Coffee Cream** — Half a pint of strong, clear coffee and half a pint of boiling cream. Beat these well together, and add two table-spoonfuls of loaf sugar. Let the mixture stand, and when cool add a small pinch of salt, the well-beaten yolks of six eggs, with the whites of two. Stir over the fire till it thickens, then pour into glasses and serve with sifted sugar on the top of each glass.

**Coffee, Bavarian Cream** — One cupful of strong coffee one pint of cream, half a package of gelatine, one cupful of sugar. Dissolve the gelatine in cold water. Pour on this the coffee, boiling hot, and when the gelatine is dissolved add the sugar. Strain into a basin which put in a pan of ice-water. Beat until it begins to thicken, then add the cream, which has been whipped to a froth. When thoroughly mixed, turn into a mould and set away to harden. Serve with sugar and cream.

**Cranberry Bavarian Cream**. — Rub through a sieve while hot one pint of cooked cranberries, and add to them one cupful of granulated sugar. Dissolve half a box of gelatine in a little cold water and add it while the berries are hot. When the sugar and gelatine are dissolved place the dish containing the mixture in a pan of ice-water and stir until it begins to thicken, then add one cupful of milk

and one cupful of cream, whipped light. Beat thoroughly and turn it into a mould and set on ice. Serve with whipped cream.

**Creole Cream.**—Beat the yolks of six eggs with half a teacupful of powdered sugar, add a pint of rich milk. Set over the fire and stir until very hot but not boiling, take off and let cool. Cut up  $\frac{1}{4}$  lb of citron. Ornament the sides of a mould with candied straw berries and leaves cut from thin sheets of lemon jelly. Stir two table-spoonfuls of melted gelatine into a pint of whipped cream, add to the custard with the chopped citron, pour into the mould and set on ice.

#### Devonshire Cream

See Clotted Cream.

**Floral Creams** — The Germans have a great variety of cold sweet dishes. Apple blossoms, violets, jasmine or red roses may be chosen according to the season. Of course only one kind of flower must be used. Choose for instance fragrant red roses not too full blown, free them carefully from withered petals or rose-worms. Take  $6\frac{1}{2}$  ozs of the petals, chop them very fine as quickly as possible, put them on a clean plate and add 2 ozs of powdered sugar cover closely and let them stand for half an hour. At the end of this time set one quart of sweet milk over a slow fire add the rose leaves cover carefully and let them simmer half an hour. Then bring the milk to a boil strain it through a sieve into a clean saucepan squeeze the rose petals thoroughly put the milk back on the fire and add  $\frac{1}{4}$  lb of sugar. Add to  $\frac{1}{4}$  lb of flour and  $\frac{1}{8}$  lb of rice flour just enough milk to be able to stir the mixture. Put in a teaspoonful of salt and if obtainable a few spoonfuls of the juice of preserved cherries to give a pink tinge or a few drops of cochineal or of beet-juce can be used. When the rose milk boils stir one-half gradually into the flour, then, stirring constant-

ly, add the whole to the boiling milk, and continue to stir till the whole mass is clear and thick. Fill a china mould with cold water, turn it out, sprinkle sugar over it, pour the mixture in and let it stand on the ice until perfectly cold. Serve with whipped or plain cream. The delicate flavor of the flower can always be distinctly perceived.

**Fruit Cream.**—Half a box of gelatine, one pint of milk, one pint of very ripe strawberries or raspberries, yolks of two eggs half a cupful of fine sugar, half a pint of cream, whipped stiff. Soak the gelatine in half a cupful of cold water. Rub through a colander the pulp and juice of the berries. Heat the milk in a double boiler put in the sugar and soaked gelatine, and stir until dissolved. Beat the yolks of the eggs light add carefully to the milk and gelatine and take at once from the fire. When partially cool, put with it the fruit pulp and juice, stir in the whipped cream lightly, and turn into a mould wet with cold water. Leave it in a cool place until firm, and put on the ice for an hour or two before serving. When berries cannot be obtained, peaches or apricots may be used and if not tender enough to rub through a colander they may be stewed long enough to soften them.

**Iced Jelly Cream.**—Fill a bowl with gelatine jelly colored pink, set on ice to harden. When solid, scoop out the centre with a spoon, leaving a shell of jelly about an inch thick. Dissolve a table-spoonful of gelatine in a little milk. Let cool, add to it a pint of thick cream, sweeten, flavor with vanilla, whip until stiff turn into a small freezer and half freeze. Take up carefully, fill the jelly-mould with it, cover securely and pack in ice and salt for four hours before serving.

**Italian Cream.**—Soak half a box of gelatine in a teacupful of cold water for half an hour, then add a

cupful of boiling water. When cold, strain and add three cupfuls of granulated sugar, juice of three lemons, the grated rind of two lemons, three-quarters of a cupful of sherry wine, and one quart of cream. Then freeze.

**Lemon Cream**—Squeeze the juice from four lemons and soak the skins all night in a pint of cold water. Next day add to the water the juice of the lemons, 1 lb. of sugar, and nine eggs, beaten together. Beat the whole together and strain it. Simmer over a slow fire until thick, stirring all the time. When cool put in custard-cups, and serve very cold with sponge cake or some delicate crackers to eat with it.

Another way.—One quart of milk, four eggs, one cupful of sugar, 1 oz. of gelatine soaked in a small cupful of cold water, one large lemon or two small ones. Soak the gelatine one hour. Heat the milk to boiling and pour it on the sugar and beaten yolks. Put back on the fire and stir in the gelatine. Cook five minutes, take from the stove, flavor with the juice of the lemon and half the grated rind, and when it is cold and begins to stiffen stir in the whites of the eggs, whipped stiff. Pour into a mould wet with cold water and serve when firm.

**Little Creams for Luncheon.**—Two table-spoonfuls of apricot jam (peaches will do as well), mix with a wineglassful of sherry, rub through a wire sieve, then whisk the pounded jam with a gill of cream and a table-spoonful of castor sugar. Whisk also the whites of two eggs, incorporate them lightly with the cream, pour the mixture into custard-glasses. Decorate the top of the creams with pink sugar and chopped pistachios. Serve with sponge cake or ladyfingers.

**Madeira Cream.**—Boil half a vanilla pod chopped fine in a little water. Beat the yolks of twelve eggs with half a bottle of Madeira wine,  $\frac{3}{4}$  lb. of powdered sugar and the grated peel and juice of a lemon. Strain the vanilla water and add to

the mixture. Beat the whole with an egg-whip over a slow fire until it boils, take the cream from the fire, add  $1\frac{1}{2}$  ozs. of dissolved gelatine, set the vessel on ice or in another filled with cold water, and stir until the mass thickens. Add one pint of cream whipped until very stiff, line a mould with ladyfingers, fill with the mixture, and set it on the ice to harden.

**Nut Cream**—Take a pint of hazel or hickory nut kernels, rub the skins off with a coarse towel, and pound to a paste with a little white of an egg. Make a custard of half a pint of sweet milk, the yolks of two eggs, and half a teacupful of sugar. Set over the fire until boiling, take off, when cool, add a teaspoonful of gelatine dissolved in warm water. Stir in the nut paste, mix well, whip half a pint of thick cream, add to the mixture, turn into a mould, and set on ice.

**Orange Cream**—Rub two cupfuls of cut sugar on the outside peel of six large oranges and add enough water to make a pint and a half. Boil this until clear, and strain through a muslin bag. When cold beat it up thoroughly with half a pint of thick cream, then stir in 1 oz. of gelatine soaked in half a pint of cold water. The juice of the oranges is not used. To be put into moulds and hardened on ice.

**Orange-flower Cream.**—Sweeten one pint of cream to taste, add four well-beaten eggs, two teaspoonfuls of wine and one teaspoonful of orange-flower water, grate in one nutmeg and stir all together over the fire until thick. Besides making a very dainty cream this recipe is nice for tarts or cream cakes.

**Peach Cream.**—Peel fifteen large ripe peaches, rub them through a sieve, add  $\frac{1}{2}$  lb. of powdered sugar and 1 oz. of gelatine (which has been dissolved), and mix quickly with a pint and a half of whipped cream. If the fruit cannot be obtained in a



sufficiently ripe condition, boil with the sugar in a little water until soft enough to pass through the sieve

Another way —With a quart of new milk and three well-beaten eggs, the whites and yolks beaten separately, make a thin custard Dissolve a heaping teaspoonful of arrow-root in cold milk and stir it into the custard when it is scalding Let the custard simmer, but not boil Sweeten to your taste, then strain While it is cooling peel and mash perfectly fine a sufficient number of thoroughly ripe peaches to make a quart of pulp, make very sweet with fine white sugar Add the fruit when the custard is perfectly cold, and beat with a wooden spoon before putting into the freezer

**Pineapple Cream** —Grate a fresh pineapple and mix with a pint of syrup made from 1 lb of sugar Add to this a quart of cream and rub through a sieve Before grating the pineapple take from it two or three slices, which must be cut into small dice and added to the strained cream before freezing

**Princess Cream** —Let 6 ozs of rice boil up once wash it with cold water, cook it with six gills of cream and one vanilla bean to flavor it over a very slow fire until soft add 8 ozs of sugar and let it steam fifteen minutes in a hot place Take the mixture off the fire and stir until nearly cold Whip one pint of cream until stiff add a little with one glass of maraschino and  $\frac{3}{4}$  oz of isinglass—or 1 oz of dissolved lukewarm gelatine—to the rice and stir carefully until it begins to thicken add the rest of the whipped cream and if the mixture should not be sweet enough to please the maker's taste add more sugar then pour into a mould and set it on the ice or in a cold place to harden To turn it out, place the mould in warm water for a few minutes, wipe it dry quickly turn the rice-cream into a dish garnish with conserved fruits and serve with a cold fruit sauce prepared in the

following way Rub strawberries or raspberries through a fine sieve, add pulverized sugar and a little white wine Or if berries are out of season, serve with cream and sugar, or with whipped cream

**Raspberry Cream** —Half a box of gelatine, half a cupful of cold water, half a cupful of boiling water, one cupful of sugar, one pint of cream, whipped, one pint of raspberry-juice Soak the gelatine one hour in the cold water, then put it with the sugar and boiling water in a double boiler over the fire, and stir until thoroughly dissolved Add the raspberry-juice, strain and set in a cool place When it has begun to form, stir in the whipped cream, turn into a mould, and set on the ice to harden

**Spanish Cream** —One quart of milk four eggs, gelatine, half a box Flavor with vanilla or rose-water, eight table-spoonfuls of sugar Pour half the milk on the gelatine cold, and let it stand an hour Add the rest of the milk and let all boil together Separate the eggs adding four table-spoonfuls of sugar to the beaten yolks and four table-spoonfuls of sugar to the whites When the milk and gelatine have boiled add the yolks When this cream is thick and smooth take it off the fire, and let it get quite cool before adding the whites Flavor with vanilla, and then pour it into wetted moulds to turn out, like blanc-mange in a few hours

Another way —Boil till dissolved 1 oz of gelatine in three pints of fresh milk Then add the yolks of six eggs, beaten light and mixed with a teaspoonful and a half of sugar Put again on the fire and stir until it thickens Then set it aside to cool, and meantime beat the six whites very stiff, and stir them into the custard when almost cold Pour into moulds Flavor to your taste with bitter almond lemon or vanilla, before adding the whites

**Strawberry Bavarian Cream.** —Cover half a box of gelatine with a tea-

cupful of cold water and let soak for twenty minutes Wash a quart of ripe strawberries and press through a sieve, add a cupful of sugar to the juice Stir the gelatine over boiling water until dissolved strain it into the strawberry-juice set on ice and stir until it thickens, add a pint of whipped cream, mix gently Pour into a mould and set in a cool place to harden

**Strawberry Cream** — Hull a bowl of firm ripe strawberries, and chill next the ice until they become ice-cold Crush a second bowl of berries and drain from the pulp in exact half-pint of the juice Stir the bowl of juice with 2 ozs of powdered sugar and  $\frac{1}{2}$  oz. of transparent gelatine, melted in a trifle of water until the sugar becomes dissolved Wipe the inside of a mould with a bit of linen dipped in oil of sweet almonds wipe with a bit of dry linen and balance the mould in a bowl of salt and cracked ice Dip the rose berries one by one in the bowl of half-fluid jelly drain for an instant, and arrange in close circles around the bottom and sides of the mould to form a shell Chill the shell until the jelly becomes firm Whip a pint of double cream with a whisk until the cream thickens by the swift strokes to a ball of froth Whip the cream with a table-spoonful or two of strawberry-juice and 3 ozs of powdered sugar, mix with  $\frac{1}{4}$  oz. of gelatine melted in a trifle of water, and fill the heart of the tinted shell A moment before serving invert the cream on to a plate

**Tapioca Cream.** — One quart of milk, two and a half teaspoonfuls of tapioca three eggs, beat the yolks with one cupful of sugar put the tapioca in the milk heat and dissolve, then put in the yolks with the sugar and boil, froth the whites and stir in

**Velvet Cream** — One coffee-cupful of wine two-thirds of a box of gelatine dissolved in one pint of water, one coffee-cupful of sugar set the mixture over the fire and let it come to a boil, strain it through a flannel bag, when it is nearly cold, add a pint of good, rich cream Beat all well together and put into a mould

**Whipped Cream** — The white of one egg should be allowed for every pint of good thick cream If this cannot be procured, more eggs must be used Sweeten and flavor the cream before using it By rubbing the rind of a lemon upon 3 ozs of loaf sugar and pounding it in a mortar, then mixing it with a glass of sherry or half a glass of brandy the white of an egg beaten to a solid froth and afterwards with the cream Whip it to a froth As it rises take it off by table-spoonfuls and put it on a sieve to drain It is a good plan to whip the cream the day before it is wanted, as it is so much firmer It should be made and kept in a cool place It may be served in a variety of ways, either in glasses or in a glass dish when it should be prettily garnished, or surrounded by sponge cake, macaroons, or nut fruit.

Cream	Nectar	See Beverages
	Soda	
	Muffins	See Bread
	Puffs	See Cakes
	Candy	See Candy
	Chocolates	
	Dates	
	Walnut.	
	Cheese	See Cheese
	Devonshire, Clotted	See Devonshire
	Stuffing	See Force-meats
	Jelly	See Jellies
	Pie	See Pies
	Salad Dressing	See Salads
	Soups	See Soups

Crème de Menthe. See Beverages

Creole Catsup See Pickles

Creole Cream. See Creams.

Cress and Celery Salad See Salads



below) turn all the time. To this shall be added a little sweet salt. Turn into the already prepared meat of whatever kind. If much of the same or gravy be desired, one of the loaves in which the meat has been stewed may be added.

**Curry Liquid** — Three ounces of curry powder in a quart of wine vinegar soaked three weeks, then strained and bottled. A dessert-spoonful of this will flavor half a pint of gravy.

**Curry Powder** — Powdered turmeric 1/2 or 1 pound, cardamom seed 2 drachms, 1 round cloves 10 grains, 1 round cardamom seed 1 drachm, ground cinnamon 3 drachms, 1 round anise 3 drachms. Salt and black pepper to suit the taste. If a hot curry is preferable, add a dish or two of red pepper, a little rice, cumin, and nutmeg or a little lemon and Worcester-shire sauce are sometime added.

All these ingredients are easily procurable at any good drug store, and the powder should be kept in a tightly corked bottle. Of this powder use one and a half table-spoonfuls for the amount of meat named on opposite page. This curry should be served with rice always, the meat and accompanying gravy to be poured upon the rice at the table. The rice should be cooled soft yet with the grains separate and flaky.

**Curry Sauce** — Made with the ordinary curry powder as bought at the grocery. Put a large spoonful of butter into a saucepan over the fire, add one onion, cut into slices, and cook until the onion is highly browned. Then stir in one teaspoonful of curry powder and add gradually a generous cup of brown gravy or rich stock. Let the mixture boil fifteen minutes, then flavor with lemon-juice and strain through a coarse sieve and the sauce is ready to serve.

Another way — Into the hot saucepan put two spoonfuls of butter, one large onion, and two sour apples, chopped fine. Stir until they commence to color, then sprinkle in one table-spoonful of flour and a heaping teaspoonful of curry powder, and stir well together. Gradually add one cupful of rich stock and half a cupful of milk. Let the sauce cook fifteen minutes, then strain and serve. See also Sauces.

The following recipes for curried dishes will be found under their respective heads as indicated.

Curried Beef	See Beef
Eggs	See Eggs
Fish	See Fish
Force-meat Balls	See Force-meats
Game	See Game
Mutton	See Mutton
Veal	See Veal

## CUSTARDS

**Almond Custard** — Place over the stove one pint of milk in which put one large handful of bitter almonds that have been blanched and broken up. Let it boil until highly flavored with the almonds, then strain and set it aside to cool. Boil one quart of rich milk and when cold add the flavored milk, half a pint of sugar, and eight eggs, the yolks and whites beaten separately, stirring all well together.

Bake in cups, and when cold place a macaroon on top of each cup.

**Apple Custard** — Take 4 lbs of finely flavored apples, and stew them gently, till tender, with a pint and a half of water, 1 lb of sugar and a little cinnamon. Strain the liquid, and stir into it, very gradually eight well-beaten eggs. Put the mixture into a saucepan and stir it until it thickens,



stirring constantly while so doing. When well mixed, return to the kettle immediately, and to the fire. Stir rapidly until the custard is properly thickened. Remove from the fire, and set in a cool place. It is good only when perfectly cold. Vanilla is the generally admired seasoning, but lemon is grateful to most tastes.

**Burned Custard** — Fill a glass bowl nearly full with three pints of nice, boiled custard. Beat until perfectly light the whites of six eggs. To each egg allow one table-spoonful of pulverized white sugar, which add gradually, beating all the time. Heap the bowl with this meringue, and with an iron plate or clean shovel, heated red-hot, brown well all over until the delicate, much-admired flavor is imparted that gives this the name of burned custard.

**Burned Custard** — Make a custard of one quart of milk and five eggs. Put in a tin pan on the stove three and a half table-spoonfuls of brown sugar, stir constantly until melted, then spread around the sides of a baking-dish, pour in the custard, but do not stir it. Place the pan in one of boiling water, and bake in the oven.

**Chocolate Custard** — Break the chocolate in pieces, put in a double boiler with milk enough to barely cover it, mash and stir perfectly smooth, then add one and a half pints of milk, one cupful of sugar, the beaten yolks of six eggs, a heaping table-spoonful of corn-starch dissolved in milk, stir all slowly into the boiling milk in which the chocolate is dissolved, add a pinch of salt, and let cook a few minutes, stirring constantly.

**Coffee Custard** — For six cups measure out four cupfuls of boiled milk, put it in a basin, with one cupful of very strong coffee, add five yolks of eggs and  $1\frac{1}{2}$  ozs of pounded sugar, mix well, and strain through a sieve or gravy-strainer. Fill the cups with the mixture, skim off carefully all froth

from the surface, put them into a flat stewpan, with boiling water to half the height of the cups, put the stewpan, with live coals on its cover, on a very slow fire for fifteen minutes, the water should only bubble slightly. When set, let the custards cool in the water. Vanilla and lemon custards may be made in the same way, using flavoring of vanilla or lemon instead of coffee.

**Custard Pudding** — Dissolve two even table-spoonfuls of corn-starch in half a teacupful of sweet milk, boil two cups of milk, and just as it comes to a boil add the beaten yolks of four eggs, the dissolved corn-starch, with three and a half cupfuls of pulverized sugar, flavor with the grated rind of two lemons, adding the juice also the last thing. Bake in puff paste on pie-plates. When the pudding is nearly done, add a meringue on top.

**Floating Island** — One pint of sweet milk in a double boiler, the whites of four eggs, beaten stiff, added to the milk, let them warm, turn over with a spoon in pieces, dip out and stir carefully into the milk the yolks of the eggs with four teaspoonfuls of sugar and any flavoring desired. Beat well together. Do not boil, but let it thicken. When cool, pour into a large, glass dish, then put on the whites and sprinkle with white sugar.

**Frozen Custard** — One quart of rich milk, four eggs, one cupful of granulated sugar, and two teaspoonfuls of vanilla or bitter-almond extract. Beat the eggs and sugar to a cream and add the milk. Put all in a double boiler and cook till the froth disappears from the top of the custard and it feels thick as you stir it. The eggs and sugar may be stirred into boiling-hot milk, which hastens the cooking, but it is more apt to curdle the custard than when cold milk is used. Set away to cool, then add flavoring, and freeze.

**Gooseberry Custard** — Boil a quart of gooseberries in half a pint of water. Add a piece of butter the size of a wal-







deep dish, and put this in ice. It may be set in a pan and cracked ice heaped about it, that the fruit may be completely chilled. Set the custard also where it will become very cold. Just before serving pour the remainder of the custard around the peaches—not over them—and heap whipped cream on top of the fruit. This dessert is especially good when made from fresh peaches, but in winter the preserved fruit may be used, or even canned peaches. Of the latter, however, only the very best quality will serve.

**Plum Custard** — Stone and stew a pint of plums. Lay them in the bottom of a pudding-dish, sprinkle with sugar and pour over them a cream made by cooking together until thick and smooth two cupfuls of milk and two table-spoonfuls of flour, and adding to this after it comes from the fire a table-spoonful of butter and the yolks of three eggs, beaten light. Bake the cream-covered plums ten minutes, cover them with a meringue made of the whites of the eggs beaten with three table-spoonfuls of powdered sugar brown lightly, and eat cold with cream.

**Quince Custard** — Pare the quinces, and simmer them gently till they are tender in as much water as will barely cover them. Pour off the juice and strain it through a jelly-bag. Boil a pint of it with 5 ozs of loaf sugar and mix it very gradually while hot with the yolks of ten well-beaten eggs. Pour the custard into a heated jug, put this into a saucepan of hot water, and stir over the fire until the custard begins to thicken. Pour it into glasses and it is ready for serving.

**Raspberry Custard** — Bruise lightly some freshly gathered ripe raspberries, sprinkle a little sugar over them and heat them gently to draw out the juice. Pour the juice off and with a pint of it mix very gradually the well-beaten yolks of three eggs. Stir the custard over a gentle fire for a few

minutes, pour it out, and when it is cool mix with it a table-spoonful of strained lemon-juice and a quarter of a pint of thick cream. Serve in glasses. Time, six or seven minutes to heat the custard.

**Raspberry - fool** — Put a pint of raspberries into a saucepan with  $\frac{1}{4}$  lb of loaf sugar and let them stew till tender. Rub them through a sieve with the back of a wooden spoon and mix with the pulp as much cream or milk as will make it of the consistency of custard. Serve cold. When cream is not to be had, and it is desired that the preparation should be richer than it would be if cream only were used, the yolks of two eggs may be added to three-quarters of a pint of milk and stirred over the fire until it begins to thicken without boiling. Time, ten minutes to stew the raspberries.

**Raspberry Trifle** — Six small sponge cakes such as are sold for a cent apiece at bakers' shops, one quart of milk, five eggs, one cupful of sugar, one quart of red raspberries, one cupful of sweet cream, vanilla for flavoring. Make a custard of the milk, the sugar, and the yolks of the eggs, flavoring with the vanilla. Split the cakes, lay half of them in the bottom of a glass dish, pour over them half the cream and strew thickly with the berries sprinkled with sugar. Cover these with a second layer of cake, moistened with the rest of the cream and spread with the remainder of the berries. Pour the ice-cold custard over all, beat the whites of the eggs to a stiff meringue with a little powdered sugar, mix in a handful of berries, and heap the meringue on top of the trifle.

**Rice Custard** — Cream together one table-spoonful of butter and four of sugar, stir into this three beaten eggs, one cupful of boiled rice, and a quart of warm (not hot) milk. Beat all together and bake in a greased pudding-dish until the custard is set.

**Spanish Custard** — Boil the grated rinds of two lemons and the juice of one in a pint of water, add the yolks of fourteen eggs beaten to a cream and sweetened to the taste, stir it one way until it thickens. When taken off the fire add two table-spoonfuls of brandy and half a nutmeg, grated

**Strawberry-fool** — Take a quart of picked strawberries, ripe and finely flavored, put them into a saucepan with  $\frac{1}{4}$  lb. of white sugar, cover them closely and let them stew gently for ten minutes, stirring the fruit now and again to keep it from burning. Rub it through a fine hair sieve with a wooden spoon and when it is cold stir into it as much new milk as will make it of the consistency of custard. Serve quite cold. If cream is not to be had and a rich dish is required, the yolks of two eggs may be mixed with the milk, and the custard may be stirred over the fire till it is on the point of boiling. Time, ten minutes to boil the fruit

**Strawberry Trifle** — A quart of milk in a saucepan with one cupful of sugar, and when it is at the boiling point stir in the beaten yolks of four eggs. Stir constantly for a moment and remove from the fire. Take half a dozen lady fingers, split, and dip them in cream. Arrange them in the bottom of a glass dish then a layer of strawberries, and sprinkle with powdered sugar. Repeat till all are used up, then pour the custard over them. Beat the whites of the eggs light and sift into them four table-spoonfuls of powdered sugar. Color this meringue with some strawberry-juice put it over the top of the custard, and ornament with a circle of ripe berries. Have the materials very cold when the trifle is put together, and keep in a cold place

**Tapioca Custard** — Wash two table-spoonfuls of tapioca, and boil it gently in a pint of milk until it is quite soft, stirring it frequently to keep it from getting into lumps. Add a piece of butter the size of a walnut and

two table-spoonfuls of sugar, and when these are thoroughly mixed draw the saucepan on one side that the preparation may cool a little. Beat four fresh eggs in a bowl, mix gradually with them part of the tapioca, then pour them into the remainder in the saucepan, and stir all over the fire until the custard is on the point of boiling. Turn it out, flavor with vanilla, ratafia, almond, or any other flavoring, and when it is cold put it into a glass dish. Just before serving, crush 1 oz. of macaroons to powder and sprinkle them over the surface, or, if preferred, sift a little powdered cinnamon over the top. Time to simmer the tapioca, about two hours

**Trifles** — Trifles are boiled custards with sponge cake. Cut the cake into inch squares, heap them up in the bottom of the bowl, intersperse with the cake thinly pared slices of citron, fill the bowl with custard, and top off with whipped syllabub. Flavor with vanilla

**Vanilla Custard** — Cut half a pod of vanilla in pieces, and let it soak for an hour in a pint of milk or cream. Stir four table-spoonfuls of sugar into it, and when this is dissolved add the well-beaten yolks of two, four, or six eggs. Put the custard in a bowl, and set this over a saucepan of boiling water. Keep stirring one way till it begins to thicken, but it must not boil. Stir occasionally till it is cold, and serve in a glass dish or in custard-cups. Beat the whites of the eggs to a firm froth, and pile this on the custard at the moment of serving. Sift a little white sugar upon the custard and it will be ready for the table. If liked, essence of vanilla may be used instead of the pod. Time, ten to fifteen minutes to make the custard

Custard Pie	See Pies
Pudding	See Puddings
Rolls	See Cakes
Sauce for Puddings	

Cymbals

See Cakes



## E

Easter Cake                      See Cakes

East India Sauce              See Sauces

Eau Sucre — This is a very popular beverage in France. A little sugar and boiling water are the only ingredients. It is considered to be soporific.

Eclairs, Chocolate              See Cakes

Eels — The following recipes for the preparation of eels will be found under their respective headings as indicated

Eels, Broiled                      See Fish

   Stewed                      See Soups

   Soup

Egg Plant, Baked              See Vegetables  
   with Tomatoes  
   Stuffed

## E G G S

Egg Balls — To one egg put just as little flour as will make it into a paste that you can pinch into shape with your fingers. Season with pepper, a little grated nutmeg, and less chopped lemon-peel cut very thin. Work these into pellets the size of marbles, making a few of them long, like miniature sausages. Put them into boiling broth, and let them boil galloping till their substance is set. Used for turtle and other rich soups.

Eggs a la Bonne Femme — Boil the eggs ten minutes, and, when cool enough, remove the shells carefully. Cut from each the pointed tip of white and take out the yolks. Make tiny dice of some cold chicken, ham, boiled beet-root, and the yolks of the eggs. Fill the eggs with these dice. Arrange some neatly cut lettuce on a dish and place the eggs among it, or, make a moulded ring of boiled rice, put the eggs in the centre, and garnish with parsley or lettuce.

Eggs, Baked — Set into the oven until quite hot a common white dish large enough to hold the number of eggs to be cooked, allowing plenty of room for each. Melt in it a small piece of butter and, breaking the eggs carefully in a saucer, one at a time slip them into the hot dish. Sprinkle over them a small quantity of pepper and salt, and allow them to cook four or five minutes. Adding a tablespoonful of cream for every two eggs when the eggs are first slipped in is a great improvement.

Eggs, Broiled — Cut slices of bread toast them lightly, trim the edges and lay them on a dish before the fire, with some bits of butter placed on top. When this melts, break and spread carefully six or eight eggs on the toast. Have ready a salamander, and when the eggs are sufficiently done, squeeze an orange and grate some nutmeg over them.

Eggs, Buttered — Brown some butter in a frying-pan, and break five



of gravy, and stir till thick. Cut the eggs into quarters, and lay them gently in the gravy. Shake the pan round, then throw in a small cupful of cream, shake the pan again, but do not break the eggs. When the sauce is thick and fine, put the eggs on a dish and serve with the sauce thrown over and a garnish of lemon round the dish. Time, ten minutes to boil eggs, ten minutes to prepare the fricassee.

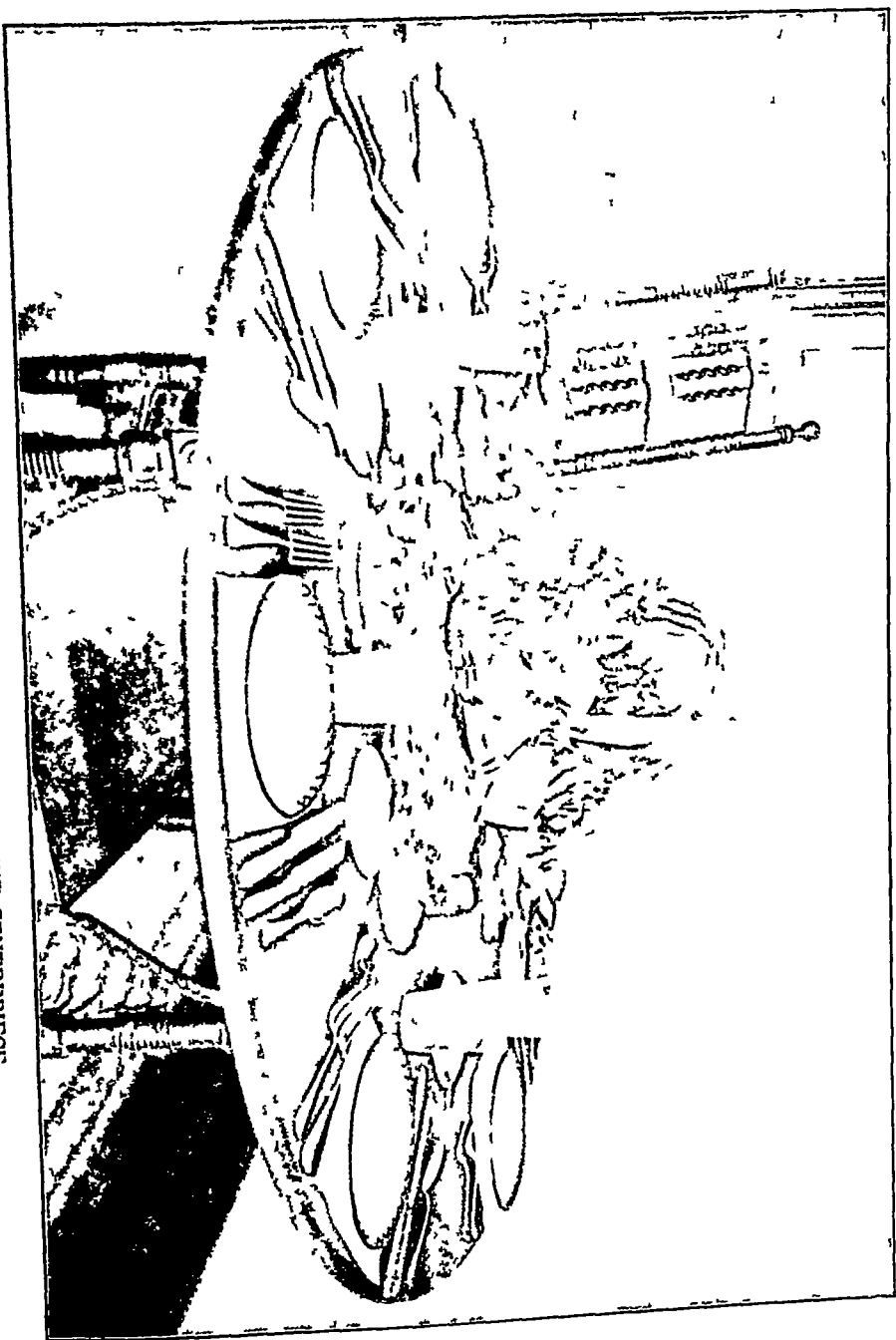
**Eggs, Fried** — The frying-pan should be scrupulously clean, or the white part of the eggs will be spoiled. Dripping, butter, or oil may be used. Break the eggs first into a cup, and slip each one into the pan as soon as it is hot. As the eggs fry, raise their edges with a slice, give them a slight shake, and ladle a little of the butter over the yolk. In two or three minutes they will be done, take them out and pare off the rough edges. Serve on slices of bacon or lay them in a dish with bacon or ham as a garnish.

them neatly on to the dish, after which return it to the oven for three minutes, or until the whites have set. Serve immediately.

**Eggs and Gravy** — Put a young, well-fed fowl into a stewpan with 4 ozs of butter, some spice, a fragot of herbs and half a dozen small onions. Let it brown slightly and equally, add half a pint of stock, close the lid tightly and finish the cooking over a very slow fire. Par-boil the liver of the fowl in some good gravy, remove it and poach half a dozen eggs in the same liquor. Rub down the liver to a paste and use it to thicken the gravy in which the fowl has been stewed. Place the fowl on a hot dish with balls of spinach round it, lay a poached egg on each ball, flatten it with the back of the knife, pour the gravy over the fowl and serve hot. Time, one hour to stew the fowl.



TABLE SET FOR LUNCHEON WITH FLY-BASKET CENTREPIECE









cut in half and remove the yolks, cut the rounded end off each white and stand them on a deep platter, then mash the yolks smooth with a table-spoonful of butter some finely chopped parsley, and pepper and salt, then take a thick slice of stale bread, and after removing the crust, soak it thoroughly in rich milk, squeeze a little of the milk from the bread and mash it up with the other ingredients, roll lightly into little balls, putting one in each half of an egg. Next make a sauce with a pint of milk, a table-spoonful of butter one of flour, and a little pepper and salt cream the flour and butter together and add the milk put all on the stove and stir constantly till it thickens, then pour the sauce over the eggs and garnish the dish with parsley. Serve with hot raised waffles, for lunch or tea.

**Eggs and Sauce** — Chop finely a teaspoonful each of parsley and chives and put them into a stewpan with 2 ozs of butter and a little flour, add a glass of sherry a teaspoonful of salt and half the quantity of pepper. When the sauce has simmered about ten minutes have ready half a dozen poached eggs lay them on toast and send to table with the sauce poured round. Sufficient sauce for six eggs.

**Eggs as Snow** — Separate the yolks from the whites of six eggs. Beat the whites to a froth, with a little finely powdered sugar. Have ready a full pint of new milk well sweetened and flavored with vanilla orange-flower water or rose-water. When it boils drop in one by one table-spoonfuls of the frothed egg and, when set remove each with a slice. By varying the quantity dropped in a handsomer dish will be obtained than by keeping to one uniform size. Arrange the patches of snow on a large dish and group the large ones in the centre. If the milk has cooled a little mix the egg-yolks slowly and very gradually with it till all is used

and it has become thick. Pour this among and around, but not over the snow. Serve cold as a supper dish.

**Eggs, Snow** — Boil one quart of milk with 2 ozs of sugar and the grated peel of a lemon. Break six eggs, whip the whites, and, when very firm mix in 4 ozs of pounded sugar. Take a table-spoonful of the whipped whites about the size of an egg and drop it in the boiling milk, repeat the process. When the eggs are set on one side, turn them over when quite firm, drain them on a sieve continue in the same way till all the white of the eggs is used. Prepare a custard with the six yolks of eggs and some milk. When cold, dish up the eggs in a pyramid, cover them with the cold custard and serve.

**Eggs, Spun (*Oeufs en Filigrane*)** — This preparation is used principally as a garnish for other sweet dishes. Prepare a syrup of sugar, white wine and water, and beat up eight eggs with a dessert-spoonful of arrow-root. Boil the syrup in a large stewpan and when it is quite hot force the mixture of egg and arrow-root through a colander into the boiling syrup. It will harden immediately and must be taken up, drained for a little time and then piled on a dish. If to be eaten hot, serve at once.

**Eggs, Sunshiny** — Melt a little butter in an omelet-pan sprinkle salt upon it and break into it one or more eggs according to the number required. Fry these till they are sufficiently poached and be careful to turn up the edges to keep them from spreading too far. Before sending them to table sprinkle pepper over them and cover them with tomato-sauce. This dish is named by Italians 'egg in purgatory'. Eggs prepared in the same way, and sprinkled over with grated Parmesan or Gruyère cheese, are named "eggs in moonshine".

**Eggs, Swiss** — Grease a shallow pudding-dish that will stand the fire. Pour into it a half-pint of milk. Set the pan on the stove and when the milk is blood warm break into it six eggs, carefully keeping the yolks unbroken and placing so that the whites just touch one another. Dust with salt and pepper, cover and cook until the whites are set and the yolks firm but soft.

Those who like the flavor of onion may rub the pan with a halved onion before greasing.

**Eggs a la Tabasco** — Bring to a boil a pint of cream. Drop into it the eggs you wish to poach (it will take four easily), and drop them into a muffin-ring. By so doing they will not spread into an ungainly and awkward shape. Have ready as many small slices of toast as you have eggs, and lift the eggs carefully upon them—one for each. Season with salt and pepper and four drops of tabasco. They should be rather hot with the sauce. Pour the rest of the cream over them.

**Egg Timbales** — Butter small tin moulds and dust them with powdered parsley, then an egg is dropped in each, and they are put in a pan of hot water and cooked in the oven for about ten minutes, when they may be turned out on a round platter, and a sauce made of a cup of thickened cream with chopped mushrooms in it, or a tomato-sauce with the mushrooms may be poured around them. These timbales may be altered by lining the moulds with finely minced ham instead of the parsley, but it must be moistened with cream or egg to make it adhere to the tin. The egg is put in and the sauce used as before.

**Egg Toast** — Take two eggs, one cup and a half of milk and flour enough to make a stiff batter. Cut stale bread in thin slices, dip into the batter, and fry brown in butter. Serve hot for breakfast.

**Eggs with Tomato** — Place in a chafing dish one pint stewed tomatoes one small onion chopped very fine one teaspoonful of parsley, chopped fine. Let simmer for ten minutes then add six eggs which have been well beaten and stir constantly. Season with salt and pepper to taste and serve at once. Asparagus celery spinach and other vegetables may be substituted for the tomatoes.

**Eggs a la Tripe** — Boil eight eggs hard, remove the yolks without breaking and cut up the whites to a mince. Lay the yolks in the middle of a dish, and the whites round them. Have ready some bechamel sauce, add a dessert spoonful of finely cut parsley and when hot throw it over the eggs. Send to table garnished with croûtons fried, or leaves of puff paste. Time, ten minutes to boil eggs.

**Egg Vol-au-Vents** — Mince two truffles and put them into a stewpan with two table-spoonfuls of thick cream, add four eggs that have boiled twenty minutes, chop them small, season with salt, pepper, and nutmeg. Have ready some paste-cases, and when the mixture has simmered five minutes fill them and serve hot. Sufficient for six cases.

**Eggs and White Sauce** — Cut five hard-boiled eggs in halves, so as to form cups of the whites when the yolk is removed. Mix the yolks to a paste with a table-spoonful of cream and 1 oz. of butter. Add to it a teaspoonful of minced onion and parsley, and when well flavored with salt and cayenne fill the whites and set them over steam till quite hot. Pare off the pointed tips so that they may stand steadily on the dish. Serve in white sauce. Time, ten minutes to boil eggs.

**Egg and Cheese Sandwiches**  
See Sandwiches

Canapés of

## Egg Force-meat Balls

Pickled  
Pudding

See Force-meats  
See Pickles  
See Puddings

## Egg Sauce

Soup  
Toast.  
Yolk Rings

## See Sauces

See Soups  
See Bread  
See Cakes

## OMELETS

**Omelet** — An omelet is a simple, wholesome, inexpensive dish, but yet one in the preparation of which cooks frequently fail, owing to ignorance of three or four important details. The flavoring may be varied indefinitely, but the process is always the same. In making an omelet care should be taken first, that the frying-pan is quite dry and hot. The best way to insure this is to put a small quantity of fat into the pan let it boil, then pour it away, wipe the pan out with a cloth and put in fresh fat. Second, the fat in which the omelet is to be fried should be very gently heated. Unless this is done the fat will be browned and the color of the omelet will be spoiled. Third, the number of eggs should not be large. It is better to make two or three small omelets than one very large one. The best omelets are made with no more than six eggs. Fourth, the omelet-pan should not be washed, it should be scraped and wiped dry with a cloth. If washed it is probable that the next omelet fried in it will be a failure. Fifth, a very small quantity only of salt should be put in. Salt keeps the eggs from rising

**Omelet, Plain** — The following recipe is by the celebrated French cook, M. Soyer. 'Break four eggs into a basin add half a teaspoonful of salt and a quarter of a teaspoonful of pepper, and beat them well up with a fork. Put into the frying-pan 1½ ozs of butter lard, or oil place it on the fire and when hot pour in the eggs and keep on mixing them quickly with a spoon till they are delicately set then let them slip to the edge of the pan, laying hold by

the handle, and raising it slantwise which will give an elongated form to the omelet, turn in the edges let it rest a moment to set turn it over on a dish, and serve. It ought to be of a rich yellow color, done to a nicety, and as light and delicate as possible. Two table-spoonfuls of milk and 1 oz of the crumb of bread cut into small pieces, may be added."

**Omelet with Apples** — Peel and core one quart of green apples and cut them lengthwise, a quarter of an inch thick put them in a saucepan with ¾ lb of good butter, four table-spoonfuls of sugar three table-spoonfuls of water. Cover the saucepan cook slowly for fifteen minutes, stir the apples but do not break them and cook again for ten minutes. Remove the nicest pieces to place around the omelet. Break six fresh eggs in a bowl, add to them two table-spoonfuls of granulated sugar, two table-spoonfuls of milk, beat for one minute, put in a very clean frying-pan half a table-spoonful of fresh butter. When hot pour the eggs in. Let them cook for half a minute and with a fork bring towards you the first fold, let it cook to form the second fold and do the same thing for the third fold. By this time the omelet is cooked enough, pour in the centre from one end to the other the hot apples fold the omelet from the side nearest to you, and have a hot platter at the other end to receive the omelet. Slip it gently over and lay around it the reserved slices of apple.

**Omelet with Asparagus Tips** — Scrape two large bunches of fresh

asparagus carefully down to the points. Wash in cold water, and cut an inch off each stalk. Separate the small and large stalks and divide all into six bunches which are separately tied. Put them in four quarts of boiling water to which half a table-spoonful of salt has been added. Remove the small bunches after twelve minutes letting the large ones boil six minutes longer. Put them in a cloth to drain. Cut the small stalks in half-inch pieces, using only the tender part and pour over them one table-spoonful of hot butter, clarified and quarter of a pinch of white pepper. Cut the large ones in finger-lengths, and pour over them two table-spoonfuls of the clarified hot butter. For the omelet break into a bowl eight fresh eggs and add a pinch of salt and half a pinch of white pepper. Beat one minute with a silver fork. Put on a brisk fire a very smooth frying-pan, in which heat, but not brown, one table-spoonful of butter. Pour the beaten eggs in the pan and after a few seconds the fold will form. Gather it neatly forward, it will form again quickly, and after the third forming the omelet is sufficiently done to receive the short pieces of asparagus which should be poured in the centre. Have ready a hot platter. Slip the omelet half-way on the platter, the other half near the handle will fall over and envelop the asparagus.

**Omelet, Bread** — Mix equal quantities of bread-crumbs and cream a teaspoonful of each, break 1 oz of butter into bits, and add with it salt, pepper and nutmeg. When the cream has been absorbed by the bread beat it till smooth, with a fork and mix it to three well-beaten eggs. Fry like an ordinary omelet. Time to fry, three to four minutes.

**Omelet, Cabbage** — Beat four eggs till they are very light the whites and the yolks separately, to the yolks add a cup of sweet milk, and

pepper and salt to taste, then stir in a cup of cold boiled cabbage, chopped fine. Have enough butter in a sauce-pan to cover the bottom, when hot, pour the omelet in, having stirred the whites of the eggs in first, before putting into the pan.

**Omelet, Cheese** — Beat two eggs thoroughly. Allow a pinch of salt, the same of pepper half a teaspoonful of finely chopped parsley and a teaspoonful of grated Parmesan or Cheshire cheese to every two eggs. Mix completely. Put a piece of butter the size of an egg into the frying-pan. When it is hot pour in the mixture, and stir it with a wooden spoon until it begins to set. Discontinue stirring, but shake the pan for a minute or so then fold the omelet in two and keep on shaking the pan, and if it seems likely to stick, put a little piece of butter under it. When it is lightly browned, turn it on a hot dish. It must not be overdone. If it is preferred, the cheese may be finely grated and strewed over the omelet after it is cooked, instead of being mixed with it before. Time to fry ten minutes. Sufficient for one person.

**Omelet, Corn** — Grate twelve ears of corn that have been boiled, add the beaten yolks of five eggs, and stir in their beaten whites season with pepper and salt. Fry the mixture in a pan, not putting it in too thick. Brown the top with a hot shovel. Do not turn the omelet in the pan.

**Omelet, Ham** — Cut raw ham into dice, fry with butter, and when cooked enough turn the beaten eggs over it, and cook as a plain omelet. If boiled ham is used, it is cut into dice also, and mixed with the eggs after they are beaten. It may be made with bacon instead of raw ham.

**Omelet, Jam** — Beat four eggs, and mix with them a teaspoonful of moist sugar, a pinch of salt, and a

table-spoonful of milk Put 2 ozs of fat or oil into the pan, and when it begins to bubble pour in the eggs etc., and keep stirring them with a spoon until lightly set Let them remain a minute, until the omelet is browned on one side then turn it on a hot dish, spread a little jam in the middle, fold the edges over on each side, sift a little sugar over, and serve as quickly as possible Time, five or six minutes to fry the omelet.

**Omelet aux Fines Herbes** —Break six eggs into a bowl Beat them lightly, and mix with them a small pinch of salt and pepper, a heaped teaspoonful of finely chopped parsley, and half a teaspoonful of minced onions, cloves or shallots Dissolve 2 ozs of fresh butter into a hot frying-pan over a gentle fire Pour in the mixture and proceed in the usual way

Omelets may be extensively varied A little minced ham, or cooked vegetables or fish sauce or jam may be put in either with the eggs or placed in their centre when they are partially cooked and the omelet should then be named after the peculiar flavoring Time to fry, four or five minutes

**Omelet, Kidney** —Take the remains of a cold veal kidney or if this is not at hand cut a fresh one into slices and fry it over a clear fire for three or four minutes Mince it very finely season with salt and cayenne and mix two table spoonfuls of the mince with the well-beaten yolks of six and the whites of three eggs Add 3 ozs of fresh butter broken small Put 2 ozs of butter in an omelet-pan let it remain on a slow fire until it bubbles then pour in the mixture and stir briskly for three or four minutes until the eggs are set Fold the edges of the omelet over neatly and turn it carefully upon a hot dish Serve immediately If cooked too much it will be tough

**Omelet, Mushrooms** —Cut three or four mushrooms into small pieces

beat the eggs, and mix the mushrooms with them Then make the omelet.

**Omelet, Onion** —Cut a large Spanish onion into dice, and fry these in a little hot butter until they are tender without being browned Drain them from the fat, and mix with them half a dozen eggs, slightly beaten Add a pinch of salt, two pinches of pepper, and a small portion of grated nutmeg, and fry the omelet according to the directions already given White sauce may be served with this dish Time, five or six minutes to fry the omelet

**Omelet, Oysters** —Blanch oysters more or less, according to taste, or according to size of the omelet and turn them into a colander Then beat the eggs mix the oysters with them, and finish the omelet as usual The oysters may be chopped fine, if desired

**Omelet with Oysters and "Pigs in Blankets"** —Break in a bowl six fresh eggs season them with one salt-spoonful of salt, half a one of white pepper, beat them with a silver fork for one minute only Take care to mix well the white and the yolk, this is the way to prevent the omelet from being watery Put one quart of freshly opened oysters in a small saucepan with their liquor, boil them only one minute drain them and dry them with a towel Select one dozen of the largest ones and reserve them for the "pigs in blankets" Trim the others remove the tendons, and cut them in three pieces Put one table-spoonful of butter in a small saucepan When melted put the cut oysters in it with one salt-spoonful of salt and half a one of pepper Cook two minutes tossing them Put over a very brisk fire a frying-pan with half a table-spoonful of butter When hot but not brown, pour the eggs in and cook half a minute With a fork bring towards you the first fold Let the second





Élite Sandwiches

See Sandwiches

**Emergencies.**—Every housekeeper will find it advantageous to keep a store-closet provided with articles ready to use at short notice. While most of the ready-made articles are not as satisfactory as home-made ones they are acceptable substitutes where there is no opportunity to buy the materials or time to prepare them. It is impossible to give more than a few suggestions in this place. As a rule articles in glass jars are more wholesome than those in tin cans. A selection can be made from the following list: Salted and smoked meats such as bacon, ham, tongue, etc.; Salted and smoked fish such as cod, mackerel, salmon, etc.; Potted meats, soups, vegetables, fruits both canned and dried, jellies, jams, etc.; cheese, pickles, etc.

English Muffins.

See Bread

English Stew

See Soups

English Walnuts

See Candy

**Entrées**—Simple entrées owe their value to the fineness of the elements composing them; the same original character of which must be preserved, not destroyed. Ornamented entrées belong to the highest kind of cooking.

One of the essentials in most entrées is the accompanying sauce. If this is not perfect, the value of the dish is destroyed. Among the simpler entrées are canapés, fritters, rissoles, etc. The more difficult to prepare are filets larded, patties, timbales, vol-au-vents, etc.

Epigrammes of Veal

See Veal

Escalops, Veal

See Veal

Eve's Pudding

See Puddings

Extract of Meat, Gravy from

See Gravies

## F

**Faggot of Herbs for Soups** — Parsley, shallot, carrots, celery etc, with peppercorns, bay-leaves, cloves, etc, tied together so that they may be taken out before serving

**Fairy Biscuits** See Bread

**Farina Jelly** See Jellies

**Fat, To Clarify** — Add a teaspoonful of soda and water to the fat. Let it boil, remove the scum, and set aside until cold. Then take off the cake of fat, remove all impurities, and put it on the fire until all the water has been evaporated. As long as it bubbles there is some water left. See **Drippings**

**Figs** — The following recipes for the preparation of figs will be found under their respective headings as indicated

<b>Figs, Paste</b>	See Candy
<b>Green, Compote of</b>	See Fruits
<b>Pickled</b>	See Pickles
<b>Preserved</b>	See Preserves
<b>Pudding</b>	See Puddings

**Filbert Cakes** See Cakes

**Fillet of Beef** See Beef

**Fillet of Mutton** See Mutton

**Finnan Haddie, à la Delmonico**  
See Fish  
Broiled.

## FISH

Fresh fish should always be cleaned and drawn as soon as it comes from the market. As freshness is the prime quality of fish, the sooner it is cooked and served the better. It should not be soaked, but washed quickly in cold water and then wiped carefully. Then it is ready to prepare for cooking. Salt fish may be soaked overnight. If the fish is to be boiled or baked, leave the head and tail on, but cut off the fins.

In boiling the fish should be placed in salted cold water with a little vinegar or lemon-juice in it. Salmon is put first into warm water to preserve its color. Boil very gently. To improve the flavor onions, sliced carrots, pepper, salt, vinegar,

cloves etc, may be added to the water. The time for boiling is eight to ten minutes to the pound for large, thick fish, and about five minutes to the pound for small ones, counting from the time the water begins to simmer, and using only enough water to cover the fish.

The best way to boil fish whose flesh is not naturally full-flavored or extremely delicate is to cook it in seasoned water, or, as the French call it, in a *court-bouillon*, which is made thus:

On the bottom of the fish-kettle lay a bed of sliced carrots, sliced onions green parsley, thyme, bay-laurel, a sliced lemon or a sliced orange, and some whole peppercorns. On this bed lay the fish, and cover it with

half white wine and half water (or vinegar or lemon-juice—two or three wine-glassfuls added to the water) Put the kettle on a moderate fire, and as soon as the liquid boils withdraw it immediately and take out the fish which will be perfectly cooked.

Fish must always be put into cold *court-bouillon*.

The *court-bouillon* may be prepared beforehand and cooled down before the fish is put in, and it may be kept and used several times, provided it be reboiled every three or four days a little water being added each time to supply loss by evaporation.

Naturally, a *court-bouillon* prepared beforehand will savor more strongly of the aromatic ingredients in it than a fresh one.

If wine is abundant, of course it may be substituted for water almost entirely.

Remark that in countries where wine is not commonly used for kitchen purposes the *court-bouillon* may be made quite satisfactorily with vinegar and lemons. Even in France many an economical housekeeper will not sacrifice a bottle of white wine to boil a fish. With wine of course, the result is more delicate and richer, but it is not necessary. Both fresh-water and sea fish may be advantageously cooked in *court-bouillon*.

In broiling fish if the fish is small have a clear, hot fire. If large the fire must be moderate otherwise the outside of the fish would be burned before the inside is cooked. If large split the fish. As a rule it is well to rub oil or butter over a fish before broiling.

In baking a fish do not cut off the head and tail. Stuff it. Sew it up or wind a tape several times around the fish. Lay several pieces of pork, cut in strips, across the top. Sprinkle over water, pepper, salt and bread crumbs, put some hot water and butter in the pan, bake in a hot oven, basting very often.

**Anchovies** —The best anchovies are small and plump. The pickle should

be red and the scales white. They are preserved in salt brine, and the bottle which contains them should be kept closely covered, as the air soon spoils them. They should be washed in cold water before being used.

**Anchovy, Escaloped** —Clean and rinse good anchovy, and dry on clean linen. Rub a small cake-tin with butter and strew with cracker-crumbs, then place a layer of anchovy, over which strew a table-spoonful of sugar and bread-crumbs, then a layer of anchovy, sugar, and crumbs. Place a few pieces of butter on the top. Beat yolks of two eggs with a little cream and sugar, and pour over the anchovy. Bake in a moderate oven, but only for a few minutes, till the egg mixture is settled. Serve in the tin.

**Anchovies à la Marseillaise** —Use salted Norwegian anchovies, washed and put in cold water for two hours. Split them from the back, remove the bone and scrape the skin, and cut in four lengthwise strips. Wipe dry and arrange on a small platter. Garnish with chopped parsley, cooked carrots and baked beets, capers, and the white and yolks of hard-boiled eggs chopped separately and passed through a fine strainer. Prepare in a bowl a French dressing, which is poured over the *hors-d'oeuvre* just before serving. Smoked herrings may be prepared and served in the same way, being sure to soak and prepare them carefully, in which case they are as palatable as the anchovies.

**Anchovies with Olives** —Stone nine olives, wash and fillet five anchovies and mince them finely together with parsley, an onion and a little cayenne, pound well in a mortar. Fill the olives with a little of the mixture in place of the stones. Cut nine small rounds of bread, fry them in lard to a light golden brown, drain them, and when cold put an olive on each, arrange them on a dish, and put a little mayonnaise dressing on each olive and on the toast.

**Anchovy Salad**—Wash, skin, and bone two anchovies, put in water to soak half an hour, drain, and dry them. Cut three hard-boiled eggs into slices. Arrange the leaves of a head of lettuce in a salad-bowl. Add the anchovies and sliced eggs, pour over a plain salad dressing, and send to the table, very cold.

**Bass, Boiled**—Clean the fish, making the opening as small as possible. Put it in a fish-kettle with water enough to cover the fish, add the juice of a large lemon, and two table-spoonfuls of salt. When it comes to a boil, set back and let it simmer for half an hour for a fish about four pounds in weight. When done, drain it and serve with anchovy, tomato, or any other suitable fish sauce.

stitch it with white thread. Put the fish into a baking-pan, put over the fish another table-spoonful of butter divided in small lumps. Make some potato balls with the remaining stuffing, and place them around the fish in the baking-pan. Bake in a moderate oven for thirty minutes, basting three times during the cooking. Serve in a long platter with some slices of lemon and small bunches of fresh parsley. A very nice and tasty dish can be made with any remnant of this dish. Mix the fish well with the remaining potatoes, put it into shells, sprinkle over them a little grated Swiss cheese or a little bread crumb, finish with one teaspoonful of melted butter over each. Put into a hot oven for five minutes. Send very hot to the table with a napkin over the platter.

good sauce to be served with it. The best carp are those of a medium size. They are better if kept a day before they are used. The head is considered the best part. Owing to their habit of burying themselves in mud, the flesh of these fish has often a disagreeable, muddy taste, in cleaning them, therefore, care should be taken to remove the gills, as they are always muddy, to rub a little salt down the backbone, and to lay them in strong salt and water for a couple of hours, then wash them in fresh cold water. A good plan also is to put a piece of the crumb of bread with the fish, and remove it before it is served.

**Catfish**—Cut it in pieces two inches in length and one inch in thickness beat three eggs very light adding salt, pepper and enough Worcestershire sauce to flavor them. Dip the fish in this batter and then roll in corn meal or in cracker-crumbs, fry in plenty of lard until it is a dark brown, garnish with lemon, sliced, or celery tops, parsley, or lettuce leaves.

**Caviare** is served with toast. The taste for caviare is supposed to be acquired but the relish is considered a great delicacy by many epicures. The can containing the paste would better be opened several hours before it is needed. Turn the contents into a china bowl and when ready to spread it on narrow strips of toast, beat into it a teaspoonful of lemon-juice and enough olive oil to make the mixture into a very soft paste. Spread on the strips of hot buttered toast and set in the oven for a minute. Caviare is also served cold, on thin slices of buttered bread.

**Chowder**—Fry  $\frac{1}{4}$  lb of pickled pork, which has been cut into dice, and a small minced onion in hot butter or lard till they are a deep brown. Put half of this at the bottom of a saucepan, place over it a soup-plateful of mashed potatoes, and over that some thick slices of uncooked

sea-bass or turbot, about 4 lbs in weight, the remainder of the pork and onions, and on the top a second layer of potatoes. Season with half a nutmeg, grated, a teaspoonful of powdered mace, five or six cloves, a table-spoonful of savory herbs—of which one-third should be thyme, one-third parsley, and one-third marjoram—a teaspoonful of salt, and four or five white peppercorns. Pour over all half a bottle of claret, half a bottle of catsup, and sufficient water to cover it. Let it simmer gently until the fish is cooked.

**Cod a la Bechamel**—Remove the flesh from the bones, and break it into convenient pieces. Put a cupful of white stock, nicely seasoned, and a cupful of new milk into a saucepan, thicken it with a little flour and butter, put the pieces of fish into it, and let them remain until quite hot, but the sauce must not be allowed to boil. Serve with the sauce and fish in the middle of a hot dish and place a border of mashed potatoes round it. Time, twenty minutes.

**Cod, Boiled**—In cold weather cod is better for being kept a day, as, if cooked quite fresh, it may prove watery. The head and shoulders make a good dish by themselves. Wash and cleanse the inside of the fish with great nicety and especially the backbone put it into plenty of cold water, in which a handful of salt has been thrown bring it to a boil, skim it carefully, let it boil gently and, when it is nearly cooked, draw it to the side of the fire and let it remain until done. Put it on the fish-plate over the boiling water, and let it drain for a minute or two, and dish it on a hot napkin, with the roe and liver, which should be boiled separately a little scraped horseradish or fried oysters, as garnish. Oyster or anchovy sauce or plain melted butter, may be served with it. Time to boil twenty minutes for a moderate-sized piece, longer for a large one. When

the flesh leaves the bone easily the fish is cooked enough

**Cod, Broiled**—Wash and clean a cod, and split it lengthwise. Cut it into squares, about six inches each way, and broil each over a clear fire. Put these on a hot dish, and dress with salt, pepper, and thin slices of butter.

**Codfish à la Bonne Femme**—Rinse in cold water three slices of fresh codfish of 1 lb each. Peel one quart of potatoes, wash them, put them in a saucepan with two quarts of cold water, half a table-spoonful of salt, four sprigs of parsley, one clove stuck in an onion. Boil twenty-five minutes, then add the slices of codfish. Cook slowly six minutes, remove the codfish to a hot platter, drain the potatoes and keep them warm. Remove all bones and skin from the fish, dress it on another clean, warm platter, place the potatoes around it, and have this gravy prepared and poured over the fish and potatoes. Put in a small saucepan one heaping table-spoonful of sifted flour, one of fresh butter, stir over the fire three minutes, do not let it brown. Pour over, a little at a time, one pint of the water in which the fish has been cooked, strain it while very hot. Season with half a salt-spoonful of pepper, let it simmer for eight minutes. Well-cooked flour is easily digested. Beat two yolks of raw eggs with one teaspoonful of vinegar, remove the saucepan from the fire, add this to it with one table-spoonful of fresh butter, stir half a minute, and pour over the fish and potatoes. Serve very hot. Salt codfish is even better prepared in this manner, only you have to soak it overnight in a big bowl of fresh water.

use, and should be in the proportion of one-third fish and two-thirds potato. When well mixed, add a small quantity of beaten egg, and mix again thoroughly. If it seems too dry, add more egg, and make into flat cakes about two or three inches in diameter, and about three-quarters of an inch thick. Fry in a pan with some slices of salt pork, which can be sent to table with the cakes if desired.

**Cod's Head and Shoulders**—Two hours before cooking, clean the fish and rub the inside and thick part with salt. Lay a cloth in a fish-kettle upon this place the fish and cover with cold water. Simmer gently till done. Lift the cloth and place the fish on a hot dish, slipping the cloth from under it. Garnish with parsley and slices of lemon.

the back and remove the bone, cut into good-sized pieces, rub the inside of each piece with egg, and then sprinkle the following over the pieces Bread-crumbs, parsley, sweet herbs, minced finely, pepper, salt, and a little nutmeg Broil over a clear fire till of a nice brown color Serve with parsley and butter

**Eels, Stewed** — Wash and skin 2 lbs of eels, cut them in pieces three inches long, pepper and salt them, and put them into a stewpan Pour in one pint of good soup stock, adding one large onion shredded, three cloves, a teaspoonful of grated lemon-peel, and a wineglassful of port wine Stew gently half an hour, and pour into a hot dish Strain the gravy, and add a wineglassful of cream thickened with flour, and boil up once Pour over the eels and serve

**Finnan-haddie à la Delmonico** — To one pint of cream sauce add two table-spoonfuls of butter, the yolks of two eggs, well beaten and three hard-boiled eggs cut up fine one table-spoonful of grated Edam cheese and pepper to taste One pound of finnan-haddie, picked fine, should be added to this mixture, and the whole thoroughly heated

**Finnan-haddie, Broiled** — Buy the imported haddie if possible cut it into small squares skin, and parboil them Wipe them dry, and broil over a clear fire until they are lightly browned Lay on a hot platter and place on each a small lump of butter into which has been worked a few drops of lemon-juice Serve very hot

**Fish Cakes** — Make a savory gravy by boiling down the heads tails, fins, and bones of any fish, with water enough to cover them Add onion, herbs, pepper, salt and a very little mace With the meat when well minced, mix a third part of the quantity of bread-crumbs, and a flavoring of the same kind as that used for gravy Moisten with melted

butter, bind with white of egg, and fry in butter till light brown When the gravy has been strained, put it, with the cake, into a stewpan, cover close, and stew gently for a quarter of an hour While the cake is being fried turn a plate over it Time, eight to ten minutes to fry

**Fish Chowder** — Fry seven slices of pork for a haddock weighing 5 or 6 lbs Then fry in the fat two good-sized onions Pare and slice ten potatoes Cut the haddock into pieces about the right size for serving Put into an iron pot a layer of fish, then one of potatoes, sprinkle over this some of the onion (sliced), some pepper, salt and a little flour, one or two slices of pork, then another layer of fish, potatoes, etc., until all has been used Pour in the fat, cover the whole with boiling water, and cook from twenty minutes to half an hour, according to the thickness of the fish About ten minutes before serving split ten hard crackers, dip them in cold water, and add them to the chowder with about a pint of milk If this recipe is used for cooking in the open air—chowder-making being a favorite amusement in some places—the pork can be fried in the iron pot. See also Bouilleabaisse

**Fish, Coquilles of** — Take cold boiled fish and pick free of bones and skin, break into small pieces, put into a saucepan, with salt and pepper to season To every pint add a table-spoonful of thick cream half a pint of boiling water, a table-spoonful of butter rolled in flour, and a teaspoonful of anchovy sauce Stir over the fire until well heated Butter some shells sprinkle with fried bread-crumbs, fill with the mixture Cover the top with fried crumbs, and set in the oven to heat Serve on a napkin

Another way — Take a large scallop shell or a silver shell made for the purpose Fill two-thirds of the space of the dish with cold fish well picked to small bits—cod, halibut or sea-bass to be preferred Cover with

in a sauce in which is a suggestion of onion. Cover it well and mix some of it, then fill the other third of the shell with any cold vegetables—potato, carrot and green peas—and cover that with the same sauce. It should be heated through very hot and served at once. The fish must be well and highly seasoned.

**Fish à la Crème** — Put a pint of sweet milk on to boil. Rub 1 oz of butter and two table-spoonfuls of corn-starch together and stir in the boiling milk. Add a teaspoonful of onion-juice a little chopped parsley, and pounded mace. Let boil two or three minutes. Add the beaten yolks of two eggs. Take from the fire and strain. Season with salt and pepper. Put a layer of this sauce in the bottom of a deep baking-dish, then a thick layer of cold boiled or baked fish, chopped fine, then another layer of sauce and more fish until the dish is full. Put the sauce on top sprinkle over it grated bread-crumbs, and set it in the oven to brown. Serve in the dish in which it was cooked.

**Fish, Croquettes of** — Mix over the fire a teaspoonful of flour, 1 oz of butter, and half a gill of cream. Add, off the fire, the yolk of an egg, a little seasoning, and  $\frac{1}{2}$  lb of cold, dressed fish beaten to a paste. Let the mixture cool and form it into balls, let these be egged and breaded. Fry to a nice brown in hot fat and serve with gravy made by boiling down the bones, fins, and tails with an onion. Add an anchovy and seasoning to taste.

**Fish and Cucumber Salad** — For this very delicious salad either salmon or halibut may be used. Cut it into slices a full inch thick, selecting a piece from near the tail. Tie the slices up in a piece of cheese-cloth or mosquito-netting, and plunge this into a pot of boiling water to which you have added a dessert-spoonful of salt and a table-spoonful of vinegar. Cook for about half an hour.

When the fish is done take it from the cloth, and set it aside until perfectly cold. When it is to be served, cut the slices into neat pieces of uniform size, a piece being enough for a single portion. Lay each on a lettuce leaf, and serve the fish with cucumbers sliced as thin as paper and ice-cold. Mask all with a mayonnaise dressing. This is, of course, a heavy salad, and more suitable for luncheon or supper than for dinner.

**Fish Cutlets (with tomato sauce)** — Take any large, firm fish, bone, skin, and slice into cutlet shape. Sprinkle with pepper and salt, dip each cutlet first in grated cracker then in sweet milk and egg beaten together and again in the cracker meal. Fry in hot batter. When done, take up, arrange on a dish, and pour tomato sauce around the cutlets. Serve very hot.

**Fish, Fried or Sautéd** — Fish to be nicely fried should be wiped very dry, and floured before being put into the pan or pot of boiling fat. Next to oil, clarified dripping is the best. Shake the pan gently until hot through. If you want the fish to look very nice, dip it into egg, and sprinkle with bread-crumbs before frying. Drain before the fire, and serve on a hot napkin.

**Fish en Matelote.** — Take any seasonable fish, clean, and cut in slices two or three inches long. Sprinkle with salt, and set aside. Peel and slice two onions, put in a saucepan, and cover with a little water, let boil until tender, drain season with salt and pepper, pour over a teacupful of hot water and half a teacupful of sherry put the fish in the saucepan and set on the fire to simmer. When ready to take up, roll a table-spoonful of butter in flour and drop in, stir until boiling and serve.

**Fish à la Paris** — Cut any seasonable fish into small pieces, dredge with



salt, pepper, and flour, fry brown in butter, turn into a pot. Add a finely chopped onion. Pour over a pint of boiling water, to which add half a teacupful of vinegar, two table-spoonfuls of olive oil, and a teaspoonful each of ground cloves, mace, and allspice. Cover closely, and let simmer slowly for one hour. Take up in a heated dish, garnish with sweet fennel, and serve very hot.

**Fish Pâté**—This is an excellent way of using any cold fish which may be left over from dinner. Free thoroughly from bones and shred fine enough fish to fill a pint measure, add to it one quart of milk, two eggs, one-quarter of a cupful of flour mixed smoothly with a little milk which has been reserved from the quart. Season with pepper, salt and nutmeg one-quarter of a teaspoonful of each. Mix the milk, flour, eggs and spice smoothly together. Set it over the fire, and stir until it is as thick as cream. Put in a deep baking-dish alternate layers of sauce, fish and bread-crumbs in the order named, and set in the oven until it is slightly browned. Very little time is required as almost all the ingredients have been previously cooked. It is an excellent dish for breakfast, lunch, or tea.

**Fish Réchauffée** is always good heated over in the white sauce which is the one essential for most dishes made of 'left-overs'. Ordinary scallop shells which are to be picked up at the sea-shore or purchased very cheaply at the hardware store, are really prettier than the more expensive ramekins which are usually used. Scalloped or creamed fish baked in them is improved by the addition of a spoonful of chopped pickle or cooked green peppers scattered over the top after they are baked.

**Fish à la Reine**—Pick 2 lbs. of any cold, fresh fish into small pieces. Put 2 ozs. of butter in a frying-pan let melt, and add two table-spoonfuls of

sifted flour. Mix and thin with a pint of sweet milk. Add the fish, with a teacupful of chopped mushrooms, a teaspoonful of salt, a dash of pepper, and a table-spoonful of chopped parsley. Stand the frying-pan over a kettle of water until the fish is heated. Beat the yolks of two eggs and mix in the stew. Serve in shells.

**Fish Salad**—The remains of any solid fish, such as cod, flounder, halibut, bass, etc., make very good salads, for which the following sauce will be found excellent, as it will be also for a vegetable salad. Bruise the yolks of two hard boiled eggs with a wooden spoon and moisten with a raw egg, put this egg mixture into a bowl, with two salt-spoonfuls of salt, a little pepper, and a pinch of cayenne, add by degrees oil and vinegar, alternately, until the required quantity, three table-spoonfuls of oil and one of vinegar which may be tarragon, has been mixed. Keep the sauce stirred and well smoothed with the spoon. If liked add half a teaspoonful of shred onion, and the same of chervil and tarragon, if plain vinegar has been used with the oil. Two table-spoonfuls of thick cream or melted butter will make the sauce richer and better and the whites of eggs may be chopped and added to the salad.

**Fish Sandwich**—Chop the hard-boiled yolks of four eggs, pound the coral of a lobster, add a table-spoonful of butter and two salted anchovies, boned and skinned, mix all together into a paste, season with salt, cayenne, and a squeeze of lemon-juice. Slice stale brown bread very thin, spread with the mixture, lay a crisp leaf of lettuce over each slice, cover with another slice of bread, cut the sandwiches in halves, and serve on a napkin.

**Fish, Sauce for Boiled**—Take some of the water in which the fish has been boiled, and simmer in it for a quarter of an hour an onion, an anchovy and a table-spoonful of walnut catsup,

add a pint of cold vegetable trim, and thicken with butter and flour. Two table-spoonfuls of the fish broth will be enough for this quantity.

**Fish Steak au Gratin** — For this steak of halibut cod or any other firm white fish can be used. Cut them about an inch thick and three inches square. Rub the bottom of a small dripping pan with a cut onion and then butter it well. Pepper and salt the square of fish lightly on both side. Lay them in the pan, and sprinkle them with chopped parsley and a little very finely minced onion or a few drops of onion juice. Put a bit of butter the size of a hazel nut on each, squeeze over them the juice of a lemon and bake for twenty minutes covered half the time. Serve plain or with a bechamel sauce.

**Flounders (Parisian style)** — Cut the fins and the heads off some small, fresh flounders not weighing over 1 lb. Remove the dark skin, wash and dry them. Lay them in a deep dish with enough fresh milk to cover them and leave them twenty minutes. Drain and dry them again. Sprinkle over each one salt-spoonful of salt and half as much pepper. Put in a frying-pan one table-spoonful of butter for each flounder. As soon as it is melted put the flounders in the pan not touching each other. Cook the side with the white skin first, cook each side six minutes not fast, and turn them over carefully. Dress them on a hot platter and keep them warm in the oven with the door open. Have prepared one teaspoonful of shallots chopped fine, put it in the same butter used to cook the fish, cook three minutes, stirring meanwhile. Finish with one teaspoonful of wine vinegar, letting it only get warm, remove the pan from the fire, and add one teaspoonful of good, fresh butter for each flounder. Mix well and pour over the fish. Sprinkle over one teaspoonful of parsley, chopped fine, put at each end of the dish a small bunch of

fried parsley and a few slices of lemon. Put in the centre of the platter one pint of Parisian potatoes. Serve very hot. If shallots are not at hand, use onions instead.

**Flounders, Fillets of Sole (in potato boat)** — Remove the heads and skin of four very fresh flounders not exceeding  $\frac{1}{2}$  lb each make four fillets of each, trim them neatly, wash and dry them with a clean towel. Beat three eggs with one teaspoonful of salt and one salt-spoonful of black pepper. Dip each fillet thoroughly in it and then roll in fine bread-crumbs freshly made. Fold each fillet funnel-shape and secure with a wooden toothpick. Put them, not touching each other in the frying-basket and plunge in plenty of good, hot fat not quite boiling. After five minutes they will be crisp and of a golden color. Lift up the basket and remove the fillets to a warm platter. Remove the toothpicks and have ready a boat made of potatoes in which they should be served at once. Fried dishes must never wait a moment otherwise they lose their crispness. For the boat peel and slice thinly two quarts of long potatoes, and cut the slices straw fashion. Wash them only after peeling and do not dry them their humidity will make them stick to the form of the boat. There must be two boat forms, one larger than the other. They are made with a piece of galvanized-wire mosquito-netting. The second boat must be half an inch smaller than the first all around. When the first boat is all garnished with the straw potatoes, carefully place the smaller one inside, not disturbing the potatoes, the second form will keep them in shape. The frying-pan being usually round, it is wise to use the fish-kettle instead. Plunge the boats in plenty of very hot fat, and fry for six minutes. Lift up the tray, let drain for half a minute and remove with care the smaller boat. Remove the potato-boat to a warm, long platter. Arrange in

medically the fillets in it. While dresing the dish fry the remaining potatoes in the same way. But for only four minutes. Serve around the boat and decorate with a few large shrimps. This dish is perfectly novel in the way it is served and not expensive, it has a very pretty effect.

**Flounders a la Normandie Paupiettes of** — Wash the fillets of three flounder weighing about  $1\frac{1}{4}$  lb each and dry in a clean towel. Sprinkle over each fillet half a tablespoonful of salt and half of one quantity of pepper. Place in a small saucepan half a table-spoonful of butter which melt but do not brown. Into this drop one table-spoonful of onion chopped fine and cook for three minutes. Chop fine two hard-boiled eggs, add to the onions with one table-spoonful of finely chopped parsley. Add one table-spoonful of fresh butter and stir on with half a teaspoonful of salt one salt-spoonful of pepper and blend until of paste-like consistency. Divide evenly in as many portions as there are fillets and spread the mixture over each one. Scrape three dozen medium-sized and very fresh mussels. Wash them thoroughly and dry them with a clean towel. Put them into a saucepan with one gill of cold water and cook for ten minutes. Stir them so that each one opens, remove from the pan and detach each mussel from the shell. Place one over each paupiette roll the fillet and tie it with a string. Add to the liquor of the mussels in the saucepan half a pint of good cream. Bring to boiling-point and place the paupiettes in it. Cook gently for six minutes turning them around from time to time. Take out place them on a platter and cut the strings and keep hot. Take the remaining mussels and put them in the sauce to boil for two minutes. Replace them in their shells and arrange them around the paupiettes. Mix two yolks of eggs with four table-spoonfuls of cream half a table-spoonful of fresh

butter, and one dozen drops of lemon juice. Remove the saucer from the fire and pour in the cream mixture. Mix well. Pour the sauce over the fish through a strainer.

**Flounders Stuffed Fillets of** — Have cut in fillets three pounds weighing 4 lb. Also other the small ones are very delicate. Cut the thickness of each fillet a inch and dry them well in the cloth which has been previously covered with salt and pepper. Butter that by a saucer-pan and put half of the fillets in it side by side. Have ready for the by as follows: Chop six fine one table-spoonful of white onion two table-spoonful of parsley one of white celery quarter of a can of French mushrooms. Reserve the balance of the mushrooms for future use. Mix half a table-spoonful of flour with two table-spoonfuls of butter add to the chopped fine herbs also the yolks of two raw eggs. Season with one table-spoonful of salt one salt-spoonful of pepper and quarter of a one of red pepper. Mix thoroughly. Put a layer of this stuffing over each fillet and cover with another fillet sandwich fashion. Place a buttered white paper over them. Cook in hot oven for twelve minutes. Drain the remaining mushrooms remove the paper add them to the fillets cook three minutes more. Serve on a hot platter, and squeeze over them a quarter of a lemon. Arrange the mushrooms around and pour the gravy over.

**Flounders, Vol-au-vent a la Normandie** — Buy the pastry shell from a first-class caterer it will save the trouble of making the crust which must be very light. Select a flounder weighing 2 lbs. and have it cut at the fish market into fillets. Have ready a quart of mussels of medium size. Wash the shells and put in a saucepan in hot water for ten minutes when the shells will open and the contents may be readily removed. Drain the liquor from a quart of oysters and put

them in boiling water with two pinches of salt for one minute, drain as in recipe with a cloth and cut off the hard part. To prepare the sauce Normandy slice fine two medium sized carrots and two onions and put in a saucepan with two table spoonfuls of butter two pinches of parsley one branch of celery quarter of a bay-leaf and one clove. Cook twelve minutes stirring three times that it may become brown add one pint of boiled milk with half a teaspoonful of salt and one pinch of pepper. Cook slowly for twenty five minutes. Strain pressing all the vegetables as fine as a puree. Return the mixture to the fire in a clean saucepan add one pint of very good cream and cook ten minutes. Put in the fillets of flounder, well washed and dried in a towel. Cook two minutes on each side remove without breaking to a platter and put aside to keep warm. Add to the sauce  $\frac{1}{2}$  lb of small mushrooms well cleaned and in two minutes add the mussels and oysters. Cook all two minutes. Have ready yolks of two eggs one table spoonful of butter, mix with two table spoonfuls of cream remove the saucepan from the fire pour the mixed eggs in it stirring gently. Have crust warm and put in first one layer of flounders and one layer of the oysters and mussels from the saucepan another layer of fillets and finish with the balance of mussels and oysters. Put the pastry cover over and serve immediately in a round platter garnished with six crawfish. The crawfish must be well washed, and cooked with a sliced onion in half a glassful of vinegar and half a glassful of water two sprigs of parsley one pinch of salt, and one of pepper. Cover the saucepan stirring three times to cook evenly. Wipe and dry the crawfish.

**Haddock, Baked** —Clean the fish scrape the scales off, and fill it with a good real force-meat. Sew up the opening with a little strong thread, and put it into a pie-dish with about 2 ozs of butter, broken into small pieces, baste frequently, and bake in

a moderate oven. Serve on a hot dish with parsley and sliced lemon. It is an improvement to rub the haddock over with beaten egg and sprinkle it with bread crumbs before baking. Send melted butter and anchovy sauce to table in a tureen. Time, a moderate sized haddock, half an hour or more.

**Halibut, Boiled** —Place the piece of halibut in your fish pot upon the strainer or if you have not a strainer, cover the bottom of the pot with a dish upon which place a towel so arranged that you can lift it out by the corners and upon this lay your fish. Rub it over with some coarse salt. Cover it with cold water. Put it upon the fire and when it begins to boil set it back where it will simmer slowly until done.

**Halibut, Breaded** —Take a thick, square piece of halibut. Season with salt and pepper lay in a baking-pan or dish. Sprinkle with minced parsley and garlic pour over one teacupful of chopped tomatoes cover with a layer of grated bread-crumbs and bits of butter. Set in a hot oven and bake half an hour. Serve in the dish or pan in which it is cooked.

**Halibut, Coquilles of** —Cook 1 lb of halibut chop into small pieces, put in a saucepan with half a teaspoonful of salt, a dash of cayenne and white pepper each, and half a cupful of rich cream set on the fire. Rub 1 oz each of butter and flour together, and add to the boiling mixture, season with a teaspoonful of mushroom sauce stir well and take from the fire. Butter some shells, sprinkle with fried bread-crumbs, fill with the mixture, cover with grated bread-crumbs, fried, and set in the oven until well heated. Serve on a napkin.

**Herring Salad** —Soak two good, salt Dutch herrings in water for twenty-four hours, remove the bones and cut in small dice. Cut also an equal amount of cooked meat of any kind,

and boiled potatoes, apples, and beets, but only half the amount of each as compared to the meat. Mince one table-spoonful of capers and four hard-boiled eggs, the yolks and the whites separately. Set apart a little of each kind for the trimming of the salad, and mix all the rest carefully, so as not to mash it, with three table-spoonfuls of sweet cream, two of sweet-oil two of vinegar, and pepper, sugar, and French mustard to taste. Cut a few boiled potatoes and beets in thin slices and make figures with a vegetable cutter. Rub a form with sweet-oil and cover the bottom and sides tastefully with these figures. Pour in the salad carefully and press it down somewhat. Now turn the form upside down on a platter, and let it rest awhile until the salad is settled. Then garnish as your fancy may be, with the white, yellow and red of the eggs potatoes apples, beets, and herring. Make a gravy of cream oil vinegar, sugar pepper and mustard to taste. Instead of herring salt salmon may be used if preferable.

**Herring Salad, Smoked.**—Put the crisp leaves of a head of lettuce in a salad-bowl skin and remove the bone from two smoked herrings chop them and mix with the lettuce, pour over a plain salad dressing to which have been added the chopped whites of two hard-boiled eggs.

**Jellyfish.**—Fill a deep glass dish half full of jelly. Have as many small fish-moulds as will lie in it. Fill the moulds with blanc-mange. When this is cold, and the jelly also is, lay the fish in it as if going in different directions, put in a little more liquid jelly let it get hard to keep the fish in place then fill the dish. The jelly should be very light-colored and perfectly transparent.

**Mackerel, Baked.**—Split open from the back a fresh mackerel of about 2 lbs remove the backbone wash and dry well sprinkle the inside with one salt-spoonful of salt half a one

of black pepper, and prepare this stuffing. Drain the liquid off one quart of oysters, select one dozen of the largest ones and put them aside, chop coarsely the balance, also two medium-sized white onions. Cook the onions six minutes in one table-spoonful of butter, add the chopped oysters, with three hard-boiled eggs, also chopped, also one table-spoonful of finely chopped parsley, season with one salt-spoonful of salt and half a one of pepper, cook, stirring constantly, for two minutes, cool off finish with the yolks of two raw eggs and one table-spoonful of butter. Stuff the fish and stitch it. Butter well a baking-pan, put the fish in it, cover it with a piece of white paper, well buttered, and bake in a hot oven for twenty minutes. Remove the paper and baste, add the remaining oysters, bake five minutes more dress the fish on a warm platter, squeeze a few drops of lemon over it, and place the oysters on small pieces of toast spread with a thin layer of anchovy paste. Put them around the fish, with a few sprigs of parsley and slices of lemon, and serve extremely hot.

**Mackerel, Baked Fillet of.**—Remove the backbone and head from a large, fresh mackerel, leaving the skin. Wash, dry well with a towel, and place the roe on top. Prepare a seasoning with six shallots or three small new onions,  $\frac{1}{2}$  lb of mushrooms one table-spoonful of parsley, chop fine and add one teaspoonful of salt one salt-spoonful of pepper. Put half of this mixture into a well-buttered baking-dish and lay the fish over it. Add six table-spoonfuls of dry white wine cover the dish with the balance of the seasoning, and spread over three table-spoonfuls of well-browned bread-crumbs. Moisten the top with one and a half table spoonfuls of melted butter, cover the dish with a piece of buttered paper, and bake in a moderate oven eighteen minutes. Remove the paper from the top and add one table-spoonful of but-

ter divided in six lumps. Garnish the dish with a few leaves of lemon and sprigs of parsley, and send it once to the table in the dish in which it is boiled.

**Mackerel, Boiled** — Wash the salt from a large mackerel, cut off the points of the head and tail and sprinkle on a little black pepper and a small onion chopped very fine. Cover the fish with cold water and put over a clear fire. Boil till the bones are loose from the flesh. When done put the fish on a flat dish, cover with small pieces of butter and sprigs of parsley or if preferred pour over it a cold drawn butter.

**Mackerel, Broiled Fresh** — Mackerel should never be washed before broiling, but merely wiped very clean and dry after taking out the gills and insides. Open the back, put in a little pepper and salt and spread with a thin coating of butter. Broil over a clear fire turning it when half done. When sufficiently cooled the bone will come out easily. Remove the bone, chop a little parsley, work it up with butter, pepper and salt and a little lemon-juice and place this on each side of the open fish in the place of the bone. Stand before the fire till the butter is all melted in, and serve hot.

**Mackerel, Spanish, Salad** — Cut the contents of a can of pickled Spanish mackerel in thin slices and put it in a colander to drain off the oil, then set on the ice. Peel half of two bunches of radishes, selecting the largest, and cut in thin slices. The balance of them must be trimmed in the following way. Cut the stems and large leaves, keeping the smallest, cut the roots and peel off evenly a small part around the roots. With a sharp knife divide the remaining peel into small, equal-sized leaves. Remove the outer leaves from a large head of lettuce and cut the heart in six parts. Cut the large leaves, stems and all, in small pieces, wash

in cold water, and drain in a wire basket or in a towel. Boil one bunch of medium sized red beets thirty minutes in water enough to cover them. Drain and bake in a hot oven thirty minutes. Peel, slice thin, and cool thoroughly. Cut six gherkins in thin slices. Make a French dressing. Decorate with the radishes.

**Mullet a la Maitre d'Hôtel** — Clean four mullet and wipe them quickly. Score them to the depth of a quarter of an inch and lay them to steep in a small wineglassful of salad oil. Add a salt spoonful of salt and one of pepper, an onion sliced and a bunch of parsley in sprigs. When the fish have become well saturated drain and put them on the gridiron. Let the fire be bright and even. In ten minutes the mullet will be done. Brown alike on both sides. Serve hot on a dish with maitre d'hôtel butter under them, about 7 or 8 ozs. will be enough. Time, half an hour to steep in oil.

**Pompano au Gratin, Filets of** — Use redfish or trout as well as pompano. Split the fish in two lengthwise, and remove the bone and skin. Then cut the fish into strips, season these with salt, pepper and butter, roll them up and if necessary tie them to keep them in shape. Put them in a pan with a gill of white wine or a gill of hot water, but the wine is better. Add a blade of mace, strew over them a layer of bread-crumbs. Add to this a liberal quantity of the sweetest butter and put in a hot oven for twenty minutes.

**Redfish Jelly** is very rich, delicious and pretty. Put on the fire in a pan  $\frac{1}{4}$  lb. of good butter, five carrots, six onions, and three parsley roots all cut into slices with two pike, or any white fish of equivalent weight, cut in pieces, pepper and salt, three cloves, two bay-leaves, and a pinch of thyme. Pour some stock on this and let boil down and brown a bit, then pour in some more stock and put on a cover. When the contents no longer

stuck to the bottom, fill up with some water and two handfuls of mushrooms. After boiling half an hour, strain. If wanted for garnishing, color with barberry-juice. Set away to cool.

**Red Snapper, Stuffed** — Make a dressing of one teaspoonful of stale bread-crumbs, half a teaspoonful of onion-juice, one dozen oysters, chopped fine, one table-spoonful of butter, a teaspoonful of minced parsley, with salt and pepper to season. Scale, cut the fins from the fish, remove the entrails through a hole made in the side. Wash quickly inside and outside in cold water. Rub one table-spoonful of salt over the fish, fill through the vent with the stuffing, and fasten with skewers. Lay on a flat piece of tin, well buttered, in the bottom of a large dripping-pan, dredge with flour and pepper. Pour over a teaspoonful of boiling water and stock each, and set in a hot oven. Baste with melted butter and the drippings from the pan every ten minutes. When done take up carefully on a heated dish, and serve with brown sauce.

**Rockfish Stewed with Claret** — Cut fish in two season with pepper salt a little mace and cloves and lay it in a pan. Take four or five onions and shred fine some sprigs of parsley and thyme. Cover fish with claret and water one quart of claret to one pint of water.  $\frac{1}{2}$  lb of butter and a little flour. When half done, turn it. Let it cook on a slow fire.

**Salmon, Buried** — As soon as the salmon is caught open it and cut out the spinal column. Wash it in clean water and dry on a clean towel. Rub the fish on the meat side with a table-spoonful of sugar and on both sides with some fine salt. Place it with some dill in a large clean stone jar and turn it daily for two or three days when it is ready to eat either as it is or broiled. Dill always improves the taste of salmon.

**Salmon Buried in Paper Rocks** — Cut sheets of white paper double the size of the slices of buried salmon. Spread them, but not too near the edges with butter and bread-crumbs mixed with white pepper. Put a slice of salmon in each paper and fold the edges well. Broil over a slow fire, serve hot.

**Salmon Croquettes** — Chop  $1\frac{1}{2}$  lbs of fresh or canned salmon fine, season it with a teaspoonful of salt a table-spoonful of chopped parsley, the juice of half a lemon and a dash of cayenne. Mix well. Put a pint of milk on to boil. Rub two table-spoonfuls of butter and three of flour together until smooth, and stir in the boiling milk. Let cook two or three minutes, add the salmon stir until heated, take up, turn out on a dish to cool. When cold and firm form into croquettes, roll in grated bread-crumbs, dip in beaten eggs then again in the bread-crumbs, and fry in boiling fat. Serve very hot, garnish with parsley and thin slices of lemon.

**Salmon Cutlets en Papillotes** — Cut slices of salmon into cutlets make little paper cases to fit them. Mix three table-spoonfuls of salad oil with the beaten yolk of an egg one table-spoonful of chopped parsley and a teaspoonful of onion-juice with a pinch of salt and a dash of cayenne. Spread this mixture over the fish fold each piece in the buttered paper fasten securely, lay in a pan, and set in a hot oven for half an hour. Arrange the cases on a dish, and serve hot.

**Salmon Patties** — Cut cold, cooked salmon into dice. Heat about a pint of the dice in half a pint of cream, or Hollandaise sauce. Season to taste with cayenne pepper and salt. Fill the shells and serve. Cold, cooked fish of any kind may be made into patties in this way.

**Salmon Pie** — Make a very good crust, then take a piece of fresh





with two pieces of the heart of a lettuce with one hard-boiled egg between, whose yolk has been removed and the cavity filled with olives.

Keep the salad in the ice-box for two hours. When ready to serve, stir the dressing, and with a spoon pour it all over. Fresh codfish is also very good prepared in this manner, but it is best cooked only eight minutes.

**Salmon, Scalloped** — Put half a pint of milk on to boil. Rub 1 oz of butter and a table-spoonful of flour together and stir in the boiling milk. Cut 2 lbs of fresh or canned salmon into dice. Put a layer of the sauce in the bottom of a baking-dish, then a layer of the salmon, sprinkle with salt, cayenne, chopped parsley, and grated bread-crumbs, then another layer of the sauce, salmon, and seasoning until the dish is full, have the last layer sauce, sprinkle with the bread-crumbs and bits of butter. Set in a very hot oven for ten minutes to brown. Serve in the dish in which it is cooked.

**Salmon Steaks, Boiled** — Cut steak about two inches thick, wrap in a cloth put in a kettle of boiling water, add a teaspoonful of salt and let simmer for twenty minutes. Take up, remove the cloth, lay on a heated dish, sprinkle with lobster coral, and serve with lobster sauce.

**Salmon Steak à la Flamande.** — Take salmon steak an inch and a half thick, wash and wipe it dry. Rub the bottom of a dripping-pan with a table-spoonful of butter and sprinkle over a minced onion with pepper and salt. Lay the fish on top, brush over with the yolk of a beaten egg and cover with a layer of chopped onion and parsley, dredge with salt and cayenne, pour over the juice of a small lemon. Spread with bits of butter, and set in a hot oven for half an hour. Take up on a heated dish, garnish with slices of lemon and serve with bechamel sauce.

**Salmon on Toast** — Dip slices of stale bread in smolting-hot lard. They will brown at once. Take them out and drain them on brown paper. Heat a pint of cold salmon, pick into flakes into a teacupful of lobster sauce, adding a dash of cayenne pepper and salt. When it is hot, stir in one egg, beaten light, with three table-spoonfuls of cold, sweet cream. Pour the mixture on the slices of fried bread. If you have no lobster sauce, substitute drawn butter.

**Salmon Trout, Larded** — Have cleaned and drawn a salmon trout from 4½ to 5 lbs. Cut some small strips of larding-pork, ½ lb., about half a finger long, leave them in ice-water for half an hour before using them. With a small, pointed knife make three rows of deep incisions, put a piece of larding-pork in each hole. Butter thickly a long roasting-pan. Rub the fish all over with one teaspoonful of salt and half a one of pepper, place it in the pan, pour over one glassful of Madeira wine. Butter well on both sides a piece of white paper large enough to cover the fish, place over and bake in moderate oven forty-five minutes. After thirty minutes remove the paper and baste three times. Serve the fish on a long platter, reserving the gravy for further use, keep the fish warm in the oven, with the door open, while finishing the shrimp sauce.

**Salt Fish.** — Salt fish requires to be soaked before being dressed, the time being regulated by the hardness and dryness of the fish. The water should be changed two or three times during the process, and the fish should be brushed and washed when it is taken out. For very dry fish thirty-six hours' soaking will be needed, the water being changed at least four times. In ordinary cases twenty-four hours soaking will be sufficient. It should be remembered that the fish should be put in to soak flesh downward.

a squeeze of lemon juice, and the beaten yolk of one egg, stuff the body of the fish with the mixture, and sew up the opening. Score the flesh of the fish, and put a strip of salt pork in each fish. Grease a large tin sheet placed in the bottom of a large dripping pan, lay the fish on it, dredge with flour, salt and pepper pour a teacupful of water in the bottom of the pan and set in a hot oven. Let bake fifteen minutes to every pound of fish broil every ten minutes. When the fish is done lift the tin from the pan, and slip it carefully out from under the fish on to a heated dish garnish with slices of lemon and fried potato balls. Serve with sauce hollandaise.

**Shad, Broiled** — Split the fish, wash in cold water, and wipe dry. Dredge it with salt, pepper and flour and broil over a clear fire, the inside first and turn frequently. Serve with bechamel, maitre d'hôtel, or any other fish sauce, according to taste. See Sauces.

**Shad, Planked** — Scale and empty the fish, cut off the head, and split it open from head to tail. Spread it on a board, and fasten it down with pegs or skewers to keep it in position. Put it before a clear fire, and rest the lower end of the plank in a tub containing salt and water. Toast the fish and keep basting it well with the liquor, when it is almost cooked, baste it with butter. Serve on a hot dish garnish with pickled walnuts, and send melted butter flavored with walnut catsup to table in a tureen.

**Shad-roë Croquettes** — Wash two shad-roës, put them in a saucepan of boiling salt water, and set on the fire to simmer slowly for fifteen minutes. Take from the water, remove the skin, and mash them. Put a teacupful of cream in a small saucepan with a table-spoonful of thick stock, and set on to boil. Rub 1 oz. of butter and two table-spoonfuls of flour together, and add to the boil-

ing milk, beat in the yolks of two eggs, take from the fire, add the shad-roë, with a table-spoonful of minced parsley, the juice of a small lemon, half a teaspoonful of salt, and a dash of cayenne Mix well, turn out on a dish When cold and firm, form into croquettes, dip first in beaten egg, then in cracker meal, and fry in boiling fat Serve with sauce hollandaise

**Shad-roes en Brochettes** — Par-broil shad-roes and throw them into cold water Take them out, cut them into inch lengths, and roll them in flour Impale them on slender skewers with alternate slices of bacon, cut very thin, and broil over a clear fire until the bacon is clear and crisp Serve with melted butter or with a maître d'hôtel sauce

**Sardines (with curry)** — Make a paste in the proportion of one table-spoonful of butter to one teaspoonful of French mustard and one of curry powder, moistened with lemon-juice Wash the oil and skin from large sardines and spread them thickly with this mixture Broil the sardines over a clear fire long enough to heat them through and serve on hot, buttered toast Baked tomatoes are good to serve with sardines Sardines may be served on a bed of boiled rice Form the rice on a hot platter and arrange the sardines on the rice Pour a curry sauce over the whole

**Sardines, Fried** — Always use the large-sized fish take as many as you wish to use from the box, wipe the oil from them and pass them through an egg, whipped, and then strew thickly with biscuit-crumbs, and fry as you would any other fish, serve on hot, buttered toast A little red pepper added when eating them is a great improvement This is an agreeable dish for luncheon or supper, and quickly prepared

**Sardine Salad** — Wash the oil from a dozen sardines, remove the

skin and bone Put a head of crisp lettuce leaves in a salad-bowl, chop up two hard-boiled eggs, add the sardines to the lettuce, sprinkle with the egg, and pour over a plain salad dressing

**Sheep's-head, Baked** — Same as Bluefish

**Sheep's-head, Boiled** — Same as Bass

**Sheep's-head, Trout, Redfish, etc., au Gratin** (Creole recipe) — Spread upon a dish which can be put upon the fire some butter, parsley, shallots, mushrooms, all cut up together, salt, black pepper, small green peppers, a little oil Place the fish upon these, cover them with the same seasoning and butter Add a glassful of wine (white) and a glassful of brandy, then add a good stew of oysters and whole fresh mushrooms Cook on top of the fire until nearly done, then add grated bread-and-butter over it, and put it in the stove oven to finish the cooking and give a nice brown This is really a very accurate recipe for a Creole cook to give, and with a little "gumption," as the Yankees say, the dish will be found easy to prepare and very delicious and new when done

**Shrimp Salad** — Tear the leaves of two heads of lettuce apart put in a salad-bowl, open a can of shrimps, put in the lettuce leaves, pour over half a cupful of mayonnaise dressing, and garnish with hard-boiled eggs cut in rings

**Smelts, Broiled (with shallot sauce)** — Wash in cold water and dry in a clean towel six or seven large smelts — 1½ lbs altogether—beat two raw eggs with one teaspoonful of salt, one salt-spoonful of pepper Dip each fish thoroughly in it, and roll them in one pint of fine, freshly made bread-crumbs Pass a skewer through their heads and make two brochettes, put over the broiler on a moderate fire,

broil the first side six minutes, turn them carefully, and pour over each with a small spoon a little melted butter—altogether the quantity of one table-spoonful—cook five minutes more, serve on a hot platter, with a little fresh parsley and a few slices of lemon. Serve at the same time this prepared cold shallot sauce. Chop very fine two teaspoonfuls of shallots, put them in a small saucepan with half a table-spoonful of butter cook three minutes while stirring do not brown. Remove from the fire, add one teaspoonful of wine vinegar, one teaspoonful of chopped parsley. Pour in a bowl and let it cool thoroughly. When ready to serve, have one and a half table-spoonfuls of fresh butter mix it well with the sauce, make small balls out of it, and serve with the fish—one ball for each.

**Smelts, Fried**—Put  $\frac{1}{2}$  lb of fat salt pork cut in thin slices into a deep frying-pan and fry till crisp. Wash and clean the smelts, but do not cut them dry them on a clean towel and dip them into fine bread-crumbs or Indian meal. Put them in the fat from the slices of pork when it is boiling hot and fry till brown turning when half done. It is a great improvement to wash these fish in water with some coarse salt dissolved in it instead of fresh water. Five minutes should fry a smelt thoroughly.

**Smelts au Gratin, Stuffed**—Wash and clean without splitting the skin,  $1\frac{1}{2}$  lbs of nice fresh large smelts, fry them, and prepare this stuffing. Have  $\frac{1}{2}$  lb of raw fish—sea-bass or salmon, if possible—remove skin and bones, chop and pound well to make it very fine. Add to it two table-spoonfuls of white bread-crumbs, previously soaked in hot milk and well squeezed. Add the yolks of two raw eggs and the white of one one teaspoonful of salt, one salt-spoonful of pepper. Work it well, it must become very smooth. Finish with two table-spoonfuls of raw cream and lastly with two table-spoonfuls of whipped cream.

Let the mixture rest in a cool place for half an hour. Fill up each smelt, using a small coffee-spoon. Have these fine herbs prepared. Chop fine two table-spoonfuls of white onions, put them in a saucepan with half a table-spoonful of butter. Cook five minutes, do not brown. Add  $\frac{1}{4}$  lb of fresh mushrooms, chopped, two table-spoonfuls of chopped parsley, one salt-spoonful of salt, half a one of pepper.

Cook while stirring for five minutes. Butter well a silver or a copper platter, and put in one layer of the fine herbs add half a glassful of white wine, and place the fish on it. Sprinkle one teaspoonful of salt and one salt-spoonful of pepper over the fish, spread over the balance of the fine herbs and finish with three table-spoonfuls of bread-crumbs, freshly made. Take half a table-spoonful of butter, divide in small pieces and place them all over the top. Bake in a moderately hot oven for twelve minutes. Serve very hot on the same platter. Small flounders can be prepared in the same manner.

**Sole a la Creme, Fillets of**—Have three flounders weighing not over  $1\frac{1}{2}$  lbs each lift up the skin and bone make four fillets out of each flounder, wash well in cold water, and dry with a clean towel. Put two quarts of water in a saucepan, one sliced onion two cloves three sprigs of parsley, one teaspoonful of salt two whole peppers, half a gill of vinegar. Boil ten minutes, then put the fillets in and let them simmer six minutes only remove the fillets carefully put them on a platter on a clean towel to drain and keep them warm in the oven. Meanwhile have this cream sauce prepared. Put in a small saucepan half a table spoonful of fresh butter and half a one of sifted flour, cook four minutes stirring constantly. Do not let it brown. Pour over slowly, while stirring, one-quarter of a pint of good broth, and add half a pint of rich cream. Season with half a teaspoonful of



frequently basted with the melted butter until the flakes begin to break apart the fish is then transferred to a hot dish without breaking, and kept hot. A table-spoonful of dry flour is stirred into the baking-pan which is to be set over the fire when the flour is brown a pint of boiling water is gradually added, with a palatable seasoning of salt and pepper. After this gravy boils it is to be poured over the fish and the dish is ready to serve. See also Mackerel.

**Sprats, Smoked** — Simply lay them on a slightly greased pie-dish and set them in the oven until heated. They are very nice served with toast and are excellent appetizers.

**Striped Bass** is excellent as a substantial dish when stuffed and baked. Put a cupful of dry bread-crumbs in a frying-pan over the fire with two table-spoonfuls of drippings and stir them until they begin to brown then add to them enough boiling water to moisten them season them highly with salt pepper, and any powdered sweet herb or celery salt or a teaspoonful of finely chopped onion and use them to stuff the fish. sew the stuffing in the fish place it in a baking-pan with a few slices of salt pork or two table-spoonfuls of drippings under it season it with salt and pepper dredge it with flour, and put it in a hot oven. As the fish browns dredge it repeatedly with flour and baste it. When a fin can easily be pulled out or the flakes of the fish begin to separate it will be done. A fish weighing 5 or 6 lbs will bake in about an hour in a moderate oven. Serve with brown sauce. Blue-fish, weakfish sea-bass, etc., are cooked in the same way.

**Sturgeon a la Cardinal** — Take about 2 lbs of sturgeon. Cleanse thoroughly. Bind it into shape firmly with tape and lay in a saucepan, and with it an onion stuck with four cloves a little piece of mace, a sliced carrot, a bunch of sweet herbs, a

glassful of vinegar and as much water as will cover the fish. Let all boil gently until the sturgeon is done. Lay it on a dish, pour lobster sauce over it, and serve. A few prawns and green parsley may be used as a garnish. The time required to boil sturgeon will vary according to the size and age of the fish from which the piece was taken—from three-quarters of an hour to one hour.

**Sturgeon Cutlets** — Cut the sturgeon into slices a quarter of an inch thick. Wash these, dry them in a cloth flour them and dip them into egg and seasoned bread-crumbs. Fry in hot fat until they are nicely browned on both sides drain them, and serve with piquant or tomato sauce. Time to fry, ten to fifteen minutes.

**Sturgeon, Fresh, Grilled** — Cut the sturgeon into slices an inch thick. Dry these and dip them into egg and seasoned bread-crumbs, and fasten them in papers saturated with butter or simply brush them over with salad oil and sprinkle salt and pepper upon them. Broil them over a clear fire until they are sufficiently cooked on both sides. Serve with melted butter oyster, or anchovy sauce, or with piquant sauce to which a few drops of essence of anchovy and a small piece of butter have been added. Time to grill about fifteen minutes, the time varying with the size and age of the fish.

**Sturgeon, Fried** — Cut the fish into slices and fry in the usual manner then pour off the fat, and put a little flour and boiling water into the pan. Pour this into a stewpan and add to it some sweet herbs and an onion, and season with pepper and salt. Let the fish stew till quite tender then strain the sauce, and serve it poured round the fish adding first a little lemon-juice.

**Sturgeon a la Russe** — Take a piece of sturgeon weighing about 2 lbs. Cleanse thoroughly and lay it in salt

and water for ten or twelve hours. An hour before it is wanted rub it well with vinegar, and let it lie with a little vinegar poured round it. Put it into a fish-kettle with as much boiling water as will cover it, and add two onions, a bunch of sweet herbs, and 1 oz. of bay-salt. Let it boil gently till done enough, take it up, flour it well, put it in a hot oven and baste it with butter till it is well browned. Put it on a dish and pour over it, or serve separately in a tureen, a sauce prepared as follows. Bone and skin two anchovies and put them into a saucepan with a glassful of white wine, a button onion, an inch of lemon-rind, and a cupful of stock. Boil all gently together for a minute or two. Strain the sauce, thicken it with flour and butter, stir two table-spoonfuls of thick cream into it, and serve.

**Sturgeon, Sauce for** — If broiled or fried any piquant sauce or any of the sauces which usually accompany salmon may be served with sturgeon. When stewed the liquor in which it was simmered may be strained, thickened and either poured over it or served in a tureen.

**Sturgeon, Stewed** — Take 2 lbs. of sturgeon cut into slices an inch thick. Soak these in strong vinegar for five minutes, drain them, dry them in a cloth, dip them in flour and fry them in hot fat till they are lightly browned on both sides. Take as much good nicely flavored veal stock as will barely cover the fish, throw into it a large glassful of Madeira, cover the saucepan closely and simmer the fish gently for an hour. Put the slices on a dish, throw a spoonful of capers upon them, pour the sauce around them and serve. Time to fry the slices ten minutes, time to simmer them one hour.

**Trout, Broiled** — Clean a trout weighing 3 or 4 lbs. Rub a double broiler with a piece of suet, lay the fish on it with the flesh side down, turn over a moderate fire until brown on both sides, being careful not to

burn. When done, take up carefully so as not to break. Sprinkle with salt and pepper, spread with butter, stand in the oven for one minute, take out, and serve with *maitre d'hôtel* sauce.

**Trout, Fried** — Clean the trout, wash them, dry them perfectly with napkins, cut the sides and back slightly with a very fine knife, strew a little salt over them, and then dredge them with flour, set on a pan with some clarified butter, and when it is hot lay in the trout. Fry them to a delicate brown, and serve them in a napkin garnished with fried parsley.

**Trout Salad** — Boil a medium-sized lake trout in slightly salted water, take up, drain, remove the bone and skin, break the fish into flakes, and put in spiced vinegar for two hours. Drain, put in a salad-bowl on a bed of lettuce leaves, pour over half a cupful of mayonnaise and garnish with hard-boiled eggs.

**Trout in Shells** — Fry fresh trout in oil, cut into small pieces, removing all the bone, season with salt, pepper, and a squeeze of lemon-juice. Put in little silver-plated shells, filling only half full. Pour over bechamel sauce, sprinkle with grated bread-crumbs, and set in a hot oven for twenty minutes.

**Turbot, Boiled** — Empty and wash the fish, then remove the scales and gills and trim the fins. Soak the fish in salt water. Wash it until it is as clean as possible. Dry it and rub it with a cut lemon or a little vinegar. Draw a sharp knife just through the skin in the thickest part of the middle of the back on the dark side of the fish. This is to keep the skin from cracking on the white side. Put as much cold water as will be required to cover the fish into a turbot-kettle or a large deep pan and dissolve in this a little salt in the proportion of 6 ozs. of salt to a gallon of water. Bring the water to the boil

and remove the scum as it rises. Lay the turbot on the fish-drainer, the white side up, lower it into the boiling water, put the kettle at the back and simmer the fish very gently until it is done enough. As soon as this point is reached, take it up, drain the water from it, and slip it, the white side up, upon a hot dish covered with a napkin or fish-paper. Garnish with parsley, cut lemon, and scraped horseradish, and if it should happen, unfortunately, that the fish is at all cracked, lay two or three little pieces of parsley upon it, so as to cover the crack. Plain, melted butter, shrimp sauce, anchovy sauce, Dutch sauce, and lobster sauce may all be served with boiled turbot. When the flesh appears to shrink from the bone it is done and it should be carefully watched as, if it boils too long, it will be broken and spoiled. Time, a moderate-sized turbot, fifteen to twenty minutes to simmer gently from the time the water boils. Large, twenty to thirty-five minutes.

**Turbot, Broiled** — Clean a small turbot, and dry it well. Lay it on a dish, sprinkle a little pepper and salt on it, and pour over it four tablespoonfuls of oil and two of vinegar or lemon-juice. When it is to be dressed, place it in a double gridiron and broil it over a slow, clear fire. Turn it every five or six minutes, and on each occasion brush it over with the marinade in the dish. When it is done enough—that is, when the flesh will leave the bone easily—put it upon a hot dish, and pour over it some good white sauce, or oyster sauce, or mussel sauce. Garnish with parsley and prawns. Time to broil, about half an hour.

**Turbot a la Bechamel** — This is a favorite method of dressing the remains of boiled turbot. Remove the flesh from the bones while it is still warm, if possible, divide it into convenient-sized pieces, and take away all the skin. Put a pint of milk or cream, or equal parts of either milk

and white stock or milk and cream, into a stewpan with a strip of thin lemon-rind, a finely minced shallot, six peppercorns, and half a teaspoonful of salt. Let it boil for ten minutes, then strain and thicken it with a large table-spoonful of flour mixed smoothly with a little cream or butter. Stir the sauce over a gentle fire for five minutes, put in the slices of fish, and when they are quite hot turn the whole preparation upon a hot dish. A few oysters may be added to the sauce if liked, and, if milk only is used, the sauce may be made richer by adding the yolks of two eggs mixed with a little cream. If this is done, care must be taken not to let the sauce boil after the eggs are added. Garnish the dish with sliced lemon and parsley, or with potato croquettes or toasted sippets. Time, three or four minutes to heat the fish in the sauce.

**Turbot a la Crème** — Take the flesh from the remains of a boiled turbot free it from bones and skin, and divide it into neat pieces, season with a little salt, pepper, and grated nutmeg, pour on it the grated juice of a lemon, and let it lie for an hour. Simmer half a pint of new milk with a strip of lemon rind and a bay-leaf till it is pleasantly flavored. Strain it over the fish, and let it heat gently. Beat the yolks of two eggs, and mix them smoothly with a table-spoonful of flour and half a pint of thick cream. Stir this carefully into the sauce, let it get quite hot, but on no account allow it to boil. Serve immediately. Time, a few minutes to heat the fish in the sauce.

**Weakfish, Boiled** Same as Bass

**Weakfish, Broiled** Same as Bluefish

**Whitebait, Dressed** — Take the whitebait out of the water with the fingers, drain them, and throw them into a cloth upon which flour has been strewn. Shake them in the





of clam in the sediment, add it to the milk, and serve hot. This is very delicate, and is liked by many people who do not care for clam soup prepared in the usual way.

**Clam Chowder** — Wash six fine medium-sized potatoes, peel and cut them into small, dice-shaped pieces wash again in fresh water, take them up with a skimmer and place them in a stewpan large enough to hold three quarts. Immediately add two quarts of cold water (not placing the pan on the fire until so mentioned). Peel one medium-sized, sound onion, chop it up very fine and place it on a plate. Take a quarter of a bunch of well-washed parsley greens (suppressing the stalks) place it with the onions, wash well two branches of soup celery, chop it up very fine, place it with the parsley and onions and add all these in the stewpan. Place the pan on a brisk fire. Season with a light pinch of salt, adding at the same time a light teaspoonful of good butter. Let all cook until the potatoes are nearly done — eighteen minutes will be sufficient. Cut out from a piece of fresh pork crosswise, one slice one-third of an inch thick then cut it in pieces one-third of an inch square, fry and reduce it in a pan on the hot stove for four minutes. Add it to the broth, add also three-quarters of a teaspoonful of branch dry thyme. Lightly scald four fine, medium-sized tomatoes, peel and cut them into small pieces and add them to the preparation. Open and place in a bowl twenty-four medium-sized fine, fresh clams. Pour into another bowl half of their juice. Place the clams on a wooden board, cut each one into four equal pieces, and immediately plunge them into the pan with the rest, gently mix so as to prevent burning at the bottom while boiling, for two minutes. Range the pan on the corner of the stove to keep warm. Season with one salt spoonful of black pepper and one tablespoonful of Worcestershire sauce, gently stir the whole with a wooden spoon, break in two pilot crackers in

small pieces, stir a little again. Leave two minutes longer in the same position, but under no circumstances allow to boil. Put it into a hot soup-tureen and serve.

Another way — Cut  $\frac{1}{2}$  lb of fat salt pork into tiny dice and fry crisp in a large pot. Remove the bits of pork with a skimmer and fry a large onion sliced, in the fat left in the bottom of the pot. Have ready twelve potatoes, peeled and sliced, and a quart of canned tomatoes and as the onion browns turn these in upon it and add two quarts of water. Stir all together and season with a liberal pinch of cayenne and as much salt as taste demands. Tie up twelve whole allspice and twelve whole cloves in a small square of cheese-cloth and drop in the pot. Cook slowly but steadily, three hours and a half then add two quarts of long clams chopped coarsely and half a dozen pilot biscuits broken in pieces and soaked in milk. Boil for half an hour longer remove the spice-bag and pour the chowder, smoking hot into a soup-tureen.

**Clam Fritters** — Two dozen clams one egg one cupful of milk two small cupfuls of flour or enough for thin batter salt and pepper. Chop the clams fine and stir them into the batter made of the milk clam liquor beaten eggs and the flour. Season to taste and fry by the spoonful in very hot lard.

**Crab, Baked** — Pick the crab, cut the solid part into small pieces and mix the inside with a little rich gravy or cream and seasoning then add some curry paste and fine bread crumbs. Put all into the shell of the crab and finish in a Dutch oven.

**Crab Bisque** — The recipe for Lobster Soup or Bisque can be used by substituting crab meat for the lobster.

**Crab, Curried** — Pound a clove of garlic in a mortar with the white part of half a small coconut a tablespoonful of curry powder a salt spoonful of salt, and a piece of butter about

the size of a walnut. When these are beaten to a paste, mix them very smoothly over a gentle fire with  $\frac{1}{4}$  lb. of fresh butter, taking especial care that the saucepan is delicately clean. Add the crab meat and gradually a small cupful of cream. A pound of French beans cut into thin strips and simmered with the crab is sometimes added to this dish. Just before serving, squeeze over it the juice of a lemon. Serve with rice round the dish. Lobster may be used instead of crab. Time to simmer, ten minutes.

**Crabs, Devilled** —Two inches of ribs, one cupful of cream, two table-spoonfuls of melted butter, two good table-spoonfuls of Worcestershire sauce, pepper and salt, a little nutmeg, yolks of three hard-boiled eggs, half a cupful of cracker-crumbs rolled fine and a wineglassful of sherry. Bake in shells cover with cracker-crumbs, and dot with butter.

Another way —Boil a dozen crabs in salt water until done. Take up, drain, break off the claws, separate the shells, remove the spongy fingers and the stomach. Pick out all the meat. Put a teaspoonful of rich milk on to boil, rub 1 oz. each of butter and flour together, add to the boiling milk and let cook for two or three minutes. Take from the fire, add the crab meat, the mashed yolks of three hard-boiled eggs, a teaspoonful of minced parsley, a squeeze of lemon juice, a little nutmeg, salt and a dash of cayenne. Clean the upper shells of the crabs, fill with the mixture, brush over with beaten egg, sprinkle with bread-crumbs. Set in the oven to brown, and serve hot.

**Crabs, Soft-shell** —Remove the flap or apron on the under shell and the soft fins which lie under the sides of the back shell. Make a semicircular cut just back of the eyes, through both shells, using a very sharp knife, and throw away this portion. All the rest of the crab is good. Soft crabs are fried by being entirely immersed in smoking-hot fat after being rolled

in flour or meal, or breaded by being dipped first in cracker-dust, then in beaten egg and in cracker-dust, they are also dipped in melted butter and broiled. They are seasoned with salt and pepper, and served with a garnish of lemon and parsley or water-cresses.

**Crab Soup, Martha Washington's** —Fifteen crabs thrown into boiling water alive. Boil until done, meat picked up fine, put into two quarts of water in which 1 lb. of middling bacon has been boiled. Beat yolks of two eggs, stir in a pint of rich milk which has been heated, then pour into the boiling crab soup which must not boil but cook a few minutes after mixing. Season with salt and cayenne pepper to taste.

**Lobsters** are served in several ways, but there is only one way to cool them. To be good a lobster must be fully alive. If it is not lively it is not suitable to be cooked. Put the lobster in a fish kettle, with just enough cold water to cover it and a handful of salt. Cover the kettle and put it over a brisk fire. If the lobster be small it will take twenty minutes to cook; if it be 3 lbs. or thereabouts it will take half an hour. When done it is broken in two between the body and tail and both pieces are allowed to drain. There is a dark-bluish vein running along the back immediately under the shell that must be removed either before or after it is cooked. By pulling off the middle fin of the fan before cooking the lobster, it may come out but if it breaks it is removed when the fish is cooled. When drained the shell of the tail part is removed by cutting it lengthwise on the back with a sharp-pointed knife. The other half is divided by pulling the part to which the claws are attached one way and the back shell the other. All the inside is good except the stomach, which is small for the size of the fish, and is found immediately under the head and eyes. The liver, or to-

millet which turn green in cooking is good; the rest makes a good sauce for the lobster mixed with the white or cream sauce found around the shell the two being again mixed with oil vinegar salt pepper, chopped parsley, and mustard.

**Lobster, Baked**—Prepare as if for broiling, put in a pan butter well sprinkle with salt and pepper and bake from thirty to forty minutes. Baste twice with melted butter.

**Lobster, Broiled**—Cut the shell down the middle of the back with a sharp knife then split it in half with a large heavy knife and a millet. Remove the stomach and the intestines. Lay the two halves and the large claws cricked open on a broiler, the shell side towards the fire and broil half an hour. When half done put a little butter upon the meat, and when about to serve season with salt pepper, and a little more butter. Serve with melted butter in a separate dish.

**Lobsters, Casserole of**—Put four quarts of water in a fish-kettle add one medium sized onion sliced, one gill of vinegar four sprigs of parsley one bay leaf three cloves six pepper-corns, half a table-spoonful of salt let boil ten minutes. Add two medium-sized live lobsters, cook them eighteen minutes remove the kettle from the fire and let them cool off in the court-bouillon then take them out. Cut the shells open and also the claws. Cut the meat from the tail part in pieces half an inch thick and that of the claws in small dice. Keep them separate. Crack open the body of the lobster and take the coral and pith out, mash them through a colander, then prepare the following garnishing of rice. Put in a saucepan two table-spoonfuls of butter when melted add to it one large table-spoonful of white onion, chopped fine cook four minutes, toss them, and do not let them get brown add to them one pint of rice, see that it is very clean, but do not wash it, stir

it with the onions for one minute, pour over one quart and a half of good warm broth, if none is at hand, one teaspoonful of beef extract dissolved, season with half a teaspoonful of salt and a little cayenne pepper. Cover the saucepan, cook slowly for twenty-five minutes, do not stir while cooking. Remove the saucepan from the fire and keep warm, then add to the rice the coral and pith with two table-spoonfuls of butter cut in small lumps, then the meat of the claws season with half a salt-spoonful of cayenne pepper and four table-spoonfuls of freshly grated Parmesan or six table-spoonfuls of Swiss cheese mix gently and keep it warm. To prepare the lobster scallops melt in a separate saucepan two table-spoonfuls of butter when hot, not brown add the pieces of lobster, sprinkle with a few grains of salt and white pepper cook one minute only on each side remove from the fire and pour over three table-spoonfuls of tomato purée, stir gently. Pour the garnishing of rice into a warm, silver bowl. In the centre arrange the scallops of lobster, with a border of small mushrooms around. Sprinkle over all one table-spoonful of cheese, serve very hot.

**Lobster, Coquilles of**—Cut the meat of a 3-lb lobster into neat pieces mixing with it the coral and green fat. Cook together in a saucepan a table-spoonful of flour and two table-spoonfuls of butter until they bubble and pour upon them a half-pint of single cream. Stir until you have a thick, smooth sauce and then add the lobster. Season with a scant teaspoonful of salt a salt-spoonful of cayenne pepper, and the juice of a lemon. When the lobster is smoking hot, put in three table-spoonfuls of thick, double cream, take from the fire and fill scallop-shells or nappies with the mixture. Over the top strew fine bread-crumbs, cut two table-spoonfuls of butter into bits and distribute these over the crumbs. Place in the oven, brown lightly, and serve. Lay a quar-





To ornament, reserve some of the hard-boiled eggs, yolks and whites, arrange these, with the coral, beet-root, and sliced lobster, so that the colors may contrast well. Before serving pour some mayonnaise sauce over the top. Crab may be prepared in the same manner.

**Lobster-salad Dressing**—Sauce mayonnaise is the most suitable dressing for lobster salad. When oil is not liked, a dressing may be made as follows. Take the yolks of three eggs which have been boiled hard and allowed to become cold. Rub them in a bowl with the back of a silver spoon until quite smooth. Add one teaspoonful of mixed mustard, half a salt-spoonful of pepper, one table-spoonful of cream and a table-spoonful of vinegar. Beat together until thoroughly mixed. A few drops of oil may be added or not. Time, a quarter of an hour to prepare. (For other recipes see Salads.)

**Lobster-salad Loaves**—This is a dainty little dish for lunch, and also a welcome addition to picnic viands. Cut a small piece from the top of a French roll, and remove all the crumb from the inside. Cut cold lobster into pieces about the size of dice, mix it with mayonnaise dressing, and fill the cavity in the rolls covering with the piece which has been removed. A pretty way of serving which also secures the cover firmly is to tie baby-ribbon around the roll, finishing with a pretty bow on top.

**Lobster Salad, Marseillaise**.—Cook two live lobsters of 2 lbs each in a court-bouillon made with six quarts of water, two gills of vinegar, two sliced onions, six sprigs of parsley, four cloves, two bay-leaves and four whole peppers. It must boil ten minutes before putting in the lobster. Cook twenty minutes, remove from the kettle and lay aside to cool. Shell carefully the body part and cut into four pieces lengthwise. Cut the balance of the lobsters into small

pieces, reserving two of the largest claws to decorate the salad. Put all the pieces into a bowl with two bottoms of artichokes, previously boiled forty minutes in salted water, and afterwards cut into eight or ten pieces. Add to it one pint of very small boiled potatoes cut into thin slices, four hard-boiled eggs also sliced, and two medium-sized cucumbers sliced. Season the whole with half a table-spoonful of salt, one salt-spoonful of white pepper, two table-spoonfuls of wine vinegar, three table-spoonfuls of olive oil, mix well, and put the bowl half an hour on the ice, then put the salad into a colander to drain off the dressing. When this is done put it back into the bowl. Have a good stiff mayonnaise made with one yolk of egg, three gills of olive oil, one table-spoonful of vinegar, one salt-spoonful of salt, one teaspoonful of dry mustard, one teaspoonful of chopped tarragon and one teaspoonful of green onions. Mix everything. Pour the salad into a silver platter. (For other Lobster Salad recipes see Salads.)

**Lobster, Shells of**.—Put for three minutes in boiling water six live lobsters weighing from 1 to 1½ lbs each—the smaller they are the better. Detach the large claws and the tail part from the body, leaving the carcass. Prepare this court-bouillon. Put in a deep saucepan one bottle of ordinary white wine, one quart of water, two carrots, two onions, sliced very thin, four sprigs of parsley, one branch of celery, two cloves, four whole peppers, one bay-leaf, one-half table-spoonful of salt. Cook for ten minutes, put all the pieces of lobster in the liquid, cook ten minutes more, watch so it cooks evenly. Drain the pieces of lobster, strain the liquid, open the shells, remove all the meat as much as possible in whole. Cut each piece neatly in squares half an inch thick. Put in a pan three table-spoonfuls of olive oil and four finely chopped shallots, cook the shallots two minutes, stirring so they will not get brown. Add all the pieces of lobster,

cook five minutes, pour the broth over them, and cook five minutes more. Take out all the meat, strain the gravy, skim the fat from the top, wash the saucepan, and put in it one table-spoonful of butter and one table-spoonful of flour. Cook, stirring, four minutes, not to let it brown. Pour in slowly, while constantly stirring, the broth seasoned with one-half teaspoonful of salt, one-half salt-spoonful of white pepper, quarter of a salt-spoonful of red pepper. Cook eight minutes, to reduce to half, remove from the fire, and add, while stirring, one-half pint of rich cream, let it simmer for five minutes, and then add all the creamy part of the lobster, one table-spoonful of fresh butter, and all the pieces of lobster. Do not let it boil, pour over with care three table-spoonfuls of brandy, light the brandy and burn it. When the flame is out, stir gently, and serve in warm, silver shells. Have  $\frac{1}{4}$  lb of live oyster crabs wash and drain them at the last moment, and cook them for three minutes in a little of the court-bouillon of the lobster which has been reserved.

**Lobster Soup, Bisque**—Pick out all the meat from a boiled lobster, pound it in a mortar with an equal quantity of butter till a fine orange-colored pulp is obtained (if there is no coral add a few drops of cochineal), to this add pepper salt and a soupçon of grated nutmeg, take as much rolled bread-crumbs or boiled rice as there is lobster pulp soak them in stock, melt a piece of butter in a saucepan, amalgamate with it a heaped table-spoonful of sifted flour, mix the lobster pulp with the bread-crumbs or rice, and put both in the saucepan on the fire stirring the contents until they thicken and come to a boil draw it then on one side, and carefully skim off superfluous fat, then strain the soup through a hair sieve, make it boiling hot, and serve with croûtons.

Another way—Take half a pint of cooked lobster meat cut into cubes

to be put into the soup just before serving. Take a pint of lobster meat, an equal quantity of boiled rice, and pound into a paste. Put the paste with 4 ozs of butter and seasoning of salt, pepper, onion, celery, parsley, mace, nutmeg, and one tablespoonful of sifted flour with a quart of chicken stock in a stewpan and let the mixture come to a boil. Remove to back of stove and let it remain heated about an hour without boiling. Strain through a sieve add the reserved lobster meat and a quart of cream, let it simmer about ten minutes.

**Lobster Soufflé**—Pound 3 ozs of the firm red and white flesh of a boiled hen lobster in a mortar, moisten with the whipped yolks of three eggs, a scant half-pint of cream flavored with essence of anchovies, cayenne, and a table-spoonful of sherry, and mix with a light hand with the whipped whites of three eggs. Partially fill a buttered mould with the batter, tie over a buttered round of muslin, and steam for half an hour. Slip the soufflé on to a heated dish, pour over and around the hot coral sauce, and serve without a moment's delay.

**Lobster, Stewed**—Pick out the meat of one or two good-sized lobsters, excluding the fat and red parts, chop very fine, and put it into a saucepan, with a teacupful of grated bread-crumbs, a lump of butter the size of an egg, salt, half a teacupful of milk, with cayenne pepper to taste. Warm it quickly, stirring all the time, as it only needs to boil once. Serve in a covered dish.

**Lobsters, Stuffed**—Put two live lobsters of about  $1\frac{1}{4}$  lbs each in two quarts of boiling water seasoned with one sliced onion, four sprigs of parsley, two cloves one small bay-leaf, one gill of vinegar, one teaspoonful of salt. Boil twelve minutes, and remove the lobsters, after they are cool cut the tails from the body, open the shells from under



in order to remove the meat, keep the shape of the shells, which are to be stuffed afterwards. Cut open the large claws neatly from the top, as they are also to be filled up and served. Cut the meat in dice half an inch square. Peel, wash, and dry  $\frac{1}{4}$  lb of fresh mushrooms, cut them in small slices, and put them in a saucepan with half a table-spoonful of butter. Cook three minutes, add half a gill of Madeira one table-spoonful of parsley chopped fine, one salt-spoonful of salt, half a one of black pepper, quarter of a one of red pepper. Add the lobster, heat up for two minutes (do not boil) remove from the fire, add the yolks of two hard-boiled eggs previously passed through a sieve, and stir gently. Fill the shells with the stuffing, spread over some white bread-crumbs—not too thick. Melt a little butter in a cup pour it over each shell—about one teaspoonful of it. Place in the baking-pan and in the hot oven for six minutes, they may also be broiled, if preferred. Serve in the shell on a warm platter, with a few sprigs of parsley. Serve very hot.

**Mussels au Gratin**—Put into cold water one quart of very fresh mussels and scrape them until perfectly clean. Rinse well drain and dry them with a fresh towel. Put in saucepan with half a glassful of cold water and cover, stirring from time to time. Cook until every mussel opens when they may be taken from the fire and drained. Remove from the shells, and strain the liquor through a fine sieve and reserve it. Into a small saucepan drop one heaping table-spoonful of butter. When hot add two table-spoonfuls of white onions chopped fine and cook four minutes. Do not brown. Add slowly one teaspoonful of flour and blend same well. Now while stirring, slowly add the liquor of the mussels, and cook three minutes more. Season with one salt-spoonful of salt and one of pepper, add one table-spoonful of parsley, chopped fine, and

one table-spoonful of wine vinegar. Stir well and remove from the fire. Butter well a silver baking-dish and put in it one thin layer of the sauce just described, and dress the mussels over. Put the balance of the same over the mussels, and cover them with one thin coat of freshly made bread-crumbs. Divide in small pieces one table-spoonful of fresh butter and distribute over the crumbs. Place quickly in warm oven and cook for seven minutes. Serve the mussels in the dish in which they have been cooked, as to transfer them would spoil their appearance. Oysters may be cooked in practically the same way. After opening, place them in a saucepan in their own liquor, remove at the first boiling, and then proceed as described above.

**Mussels a la Marinière.**—Scrape with a knife and wash four or five times in cold water the shells of a quart of very fresh mussels of medium size. Wipe dry, and put them into the chafing-dish with two table-spoonfuls of cold water a teaspoonful each of onions and parsley chopped very fine, two table-spoonfuls of soft bread-crumbs (crumbled not grated), one heaping table-spoonful of butter, half a teaspoonful of salt, and two pinches of pepper. Cover and cook six minutes turning the mussels twice in order that each shell shall open. At the end of this time add a teaspoonful of good vinegar and mix the mussels well together. When all are open they are sufficiently cooked. Take out the empty shells pour over the sauce and serve. This dish needs a good flame and should be cooked without the use of the hot-water pan. A second caution is that good mussels are found only in the very best markets.

**Oysters, Baltimore** (in chafing-dish)—Drain two dozen or one quart of large oysters. Put one pint of ordinary white wine in the chafing-dish. When boiling put in the oysters cook two minutes, strain them

well, and keep the wine for further use. Remove the tendons of the oysters, clean the chafing-dish and put in half a table-spoonful of butter and half a table-spoonful of flour, stir constantly for two minutes. Pour over it slowly half of the wine, and then half a pint of good, rich cream, always stirring. Season with one salt-spoonful of salt, half a one of black pepper, quarter of a one of red pepper. Cook for eight minutes, add the oysters, and cook two minutes more. Beat the yolks of two raw eggs with a little of the gravy, add half a table-spoonful of butter, and put out the flame. Pour in the eggs and stir gently, serve it once very hot. The chafing-dish bowl must be directly in contact with the flame.

**Oysters, Broiled** —The largest size must be selected for broiling. Drain them, and lay for a few minutes in a folded napkin, to absorb all moisture. Rub a little butter over the gridiron, and place the oysters on it before placing over the fire. Sprinkle salt over them, and broil first on one side and then on the other. Serve on a hot platter with drawn butter or arrange small pieces of toasted bread on the platter, turn the oysters on the toast and pour over all a sauce made by simmering together the liquor, a bit of butter, and enough flour to thicken to a consistency of cream. A fine-meshed wire gridiron is the best for the purpose. It should be kept exclusively for oysters. If meat is broiled on it it will impart an unpleasant taste.

Another way —After being strained, the oysters are rolled in fine cracker-crumbs, then shaken gently on a rough towel dipped into melted butter, rolled in bread or cracker crumbs, and broiled on the gridiron. Serve hot. They are also broiled on one shell after being opened, and served thus.

**Oysters with Cheese** —Open and drain the oysters, take a dish that stands the heat of an oven and spread butter on the bottom of it, put the oys-

ters on the butter, sprinkle pepper and chopped parsley all over, wet with half a tumblerful of champagne, dust the whole with grated Parmesan cheese. Set the dish in the oven, and when they are of a fine color take them off, and serve in the same dish.

**Oyster Cocktail** —Made by dressing oysters, which have been thoroughly chilled, with tomato catsup and a dash of tabasco sauce. Put them in tall wineglasses and serve very cold, or buy scalloped ice shells of the caterer to use instead of the glasses. If your desire for the attractive must be blended with economy, you can make your own ice shells by piling up scalloped patty-pans, each half-filled with water, and freezing them.

**Oyster Crabs a la Newburg** —Melt one table-spoonful of butter in the blazer, add one of flour, and stir until it is very smooth and well cooked, but not brown. Put the blazer in the hot-water pan. Add one cupful of cream to the butter and flour, and when it begins to thicken add one pint of oyster crabs. Season with salt and pepper, and when well heated add the yolk of one egg beaten with a little cream, one table-spoonful of chopped parsley and two or three drops of lemon-juice. Mix well and add one-fourth of a cupful of sherry, and serve at once. Care should be taken in stirring to have the sauce smooth and not let it curdle.

**Oysters, Creamed** —To one quart of oysters use one pint of cream. Put the cream over the fire in a double boiler, mix a generous table-spoonful of flour with a little cold milk, and stir into the cream when it is boiling. Season with salt, a little cayenne pepper, and a teaspoonful of onion-juice. Let the oysters come to a boil in their own liquor. Drain off all the liquor and turn the oysters into the cream mixture. Have ready on a hot platter square pieces of toast, well buttered and turn the mixture over them. Serve at once.

**Oyster Croquettes** are very appetizing, and make a nice change from fried oysters. Season one pint of chopped oysters with pepper and salt, mixing well. Melt one table-spoonful of butter, stir into it one table-spoonful of flour, half a cupful of the oyster liquor, and enough rolled cracker moistened with boiling water to make a soft paste, add the chopped oysters, and mix thoroughly. When cold take a spoonful for each croquette. Form into small cakes and fry in butter, or press into egg shape, dip into egg and cracker, and fry in boiling lard.

**Oysters, Crumbed** (in chafing-dish) —Have ready large oysters (six for each person), well drained, and covered with fine cracker-crumbs, highly seasoned with salt and pepper. Put one heaped table-spoonful of butter in the hot blazer, and when melted lay in the oysters. Turn them as soon as yellow, add more butter as needed, and serve as soon as the juice begins to flow. Do not crowd them while cooking.

**Oysters, Curried** —Place in a saucepan one table-spoonful of butter, and when it is melted stir in one table-spoonful of flour and a teaspoonful of curry powder. Add one cupful of the oyster liquor and when the sauce is cooked add one dozen oysters to this amount of sauce and salt to suit the taste. The oysters should cook about three minutes then turn into the centre of a hot platter. Serve with celery and rashers of bacon.

**Oysters, Devilled** —Drain two dozen large fresh oysters and chop them. Put a teacupful of cream on to boil. Rub a table-spoonful each of butter and flour together and stir into the boiling milk, take from the fire and add the oysters, the beaten yolks of two eggs, a table-spoonful of chopped parsley, with salt and pepper to taste. Have the oyster shells washed clean fill with the mixture, sprinkle with grated bread-crumbs, arrange in a

balancing-pan, and set in a very quick oven to brown. Serve in shells, garnish with parsley.

**Oysters, Fricassee of** —Put three dozen oysters in a saucepan with their own liquor, set on the fire, as soon as they come to a boil, skim them out, add 2 ozs of butter to the liquor, with a table-spoonful of flour mixed smooth in a little milk, let cook one minute. Take from the fire, mix in the beaten yolks of three eggs, the juice of half a lemon, a little grated nutmeg with salt, and a sprinkle of cayenne. Stir all together return to the fire, let heat, without allowing it to boil. Put in the oysters, take up, and serve immediately.

**Oysters, Fried** —Select the largest and plumpest, drain, and spread on a cloth to absorb all the liquor, beat until light the yolks of two or three eggs, dip in an oyster, then into rolled cracker, again into the egg, and then into cracker. Have the butter perfectly hot, and enough in the dripping-pan to cover the oysters, just as in frying doughnuts or fritters. Lay them in one at a time, when brown, turn, and brown the other side. Cooked in this manner they are less greasy than where there is only fat enough to fry them in the ordinary way. Fried oysters should be served immediately.

**Oysters Fried in Batter** (the old Virginia recipe) —Select two dozen large, prime oysters and dry them on a soft cloth. Mix four table-spoonfuls of sifted flour one table-spoonful of olive oil a little salt and the beaten whites of two eggs and add enough warm water to make a batter that will wash the bowl of a spoon. Dust each oyster very lightly with salt and white or red pepper dip into the batter, and fry to a golden brown in deep fat. Serve on a napkin laid on a hot dish, and pass sliced lemon with them.

**Oyster Fritters** —Drain the liquor from two dozen oysters, boil and skim

it Beat three eggs with a cupful of cream, add flour to make a stiff batter, with a teaspoonful of baking powder and a little salt and pepper. Have ready a pan of boiling fat. Drop one oyster at a time in the batter, take out and fry. Take up carefully on a skimmer, and serve immediately.

**Oysters au Gratin (in shells)**—Have a quart of large oysters, see that there are no pieces of shell in them. Put in a saucepan with half of their liquor and one large table-spoonful of butter. Cover the pan, put over the stove and cook for two minutes, then add one gill of Madeira wine, quarter of a salt-spoonful of black pepper, and a quarter of a one of red pepper, no salt. Peel and wash  $\frac{1}{4}$  lb. of fresh mushrooms, chop them and squeeze the water out of them in a clean towel—add them to the oysters, and cook three minutes more. Strain oysters and mushrooms over the saucepan, keeping the gravy in it very hot. Arrange the oysters in the shells. Beat the yolks of two raw eggs with a little of the gravy, remove the saucepan from the fire, add them to it with one table-spoonful of very fresh butter. Stir well, pour over the oysters in the shells. Sprinkle over half a table-spoonful of freshly made bread-crumbs. Put the shells in the oven for two or three minutes, only to get warm, not to cook. Serve at once. This dish could be prepared beforehand, putting the bread-crumbs on only when ready to warm the shells.

**Oysters, Kromeskes of.**—Put two dozen oysters in a saucepan with their own liquor set on the stove to boil for two or three minutes, take the oysters up, chop fine, return to the saucepan with four table-spoonfuls of cream, half a dozen chopped mushrooms, the breast of a boiled chicken chopped and a teacupful of cold, boiled ham, minced fine. Rub 1 oz. of butter and two table-spoonfuls of flour together, and stir into the boiling mixture. Add a table-spoonful of parsley and thyme, a teaspoonful of

minced onion, the beaten yolks of two eggs, with salt and pepper, mix well together, and turn out to cool. When cold and firm, roll into cylinders about two inches long, wrap in very thin slices of bacon, dip in egg-batter, and fry in boiling fat. Garnish with parsley, and serve immediately.

**Oyster Omelet**—Allow one egg for twelve small or six large oysters. Place the oysters in a pan and let them simmer long enough to draw out the liquor, then drain and chop fine. Beat the eggs very light, yolks and whites separately. To the yolks add one table-spoonful of the liquor for each egg, a little salt, and the minced oysters, beat together, stir in the whites lightly, and turn into a hot buttered pan. As soon as the under side is brown, roll up and turn out on a platter.

**Oyster Patties** are made by lining pans with crust, baking half done, and filling with oysters prepared as for pie. They will need no upper crust, but must be set back into the oven long enough to finish baking the under crust, and to let the filling become a rich brown on top. Take a dozen and a half of large oysters and put in a saucepan with their own liquor set over the fire to scald, let come to a boil, strain off the liquor, and cut the oysters in two. Melt a table-spoonful of butter in a small saucepan, add a table-spoonful of flour, and stir until well heated, pour in a teacupful of the oyster liquor and half a teacupful of cream, let boil until thick, add the oysters, let heat, season with pepper, salt, and a squeeze of lemon juice, take from the fire and fill the patty cases with the oysters and sauce.

**Oysters, Pickled**—Remove the tendons of two dozen pickled oysters, drain them, dress them nicely on a pretty side-dish, and pour over three table-spoonfuls of ordinary French dressing. Crush through a strainer two hard-boiled eggs, mix them with one-half teaspoonful of dry mustard,

sprinkle this over the oysters, and place around them a few small leaves of white celery

**Oyster Pie**—Line a deep dish with puff paste. Lay a plate the same size as the dish on top of it, over this put the top crust (the dish supports it), as the paste must go into the oven before the oysters are put in—it requires more cooking. Prepare the oysters while the crust is cooking. Strain the liquor, thicken it with the yolks of eggs, boiled hard and grated, add a piece of butter and a few fine bread-crumbs, season with pepper, salt, and nutmeg, stew for five minutes. As soon as the crust is done, remove the cover, take out the plate, pour in the oysters and their gravy, put the cover on, and send to table hot.

**Oysters a la Poulette.**—Open oysters, and save their juice carefully, put them on the fire with the juice, and when they come to a boil take them off, add butter, parsley mushrooms, and shallots chopped fine a table-spoonful of oil a little grated nutmeg and pepper, and a few bread-crumbs. Set all back on the fire for a few minutes stirring the while. Turn upon a dish, sprinkle the juice of a lemon all over, and serve as warm as possible

**Oysters, Ramekins of**—Drain one quart of large oysters plunge them in boiling water for one minute, drain well cut the tendons and trim them. Put in a small saucepan half a table-spoonful of flour half a table-spoonful of butter cook for three minutes stirring. Do not brown. Add slowly half a pint of good broth and then half a pint of rich cream. Season with half a teaspoonful of salt half a salt-spoonful of pepper cook slowly for eight minutes. Put in the oysters cook three minutes. Slice four hard-boiled eggs add them to the oysters, and warm them. Remove from the fire. Beat two yolks of raw eggs with a little of the gravy and add to it half a table-spoonful of butter

Pour this in the saucepan and mix gently. Serve in ramekins which have been warmed

**Oysters, Roasted**—Open large oysters, and, when drained, melt a little butter in a frying pan, and then cook the oysters in it. Serve as warm as possible, salting them when out of the pan. They may be served on toast

Another way—Put the oysters unopened on the gridiron, and as soon as they are open one shell is removed, a little melted butter is put on, with white pepper, and they are thus served warm. They may be detached from the shell and served on toast also. Gravy may be used instead of butter, according to taste

**Oyster Salad**—Boil two dozen oysters in their own liquor for five minutes, drain and stand on ice till very cold. Arrange crisp lettuce leaves in a salad bowl put the oysters on them, pour over a tuncupful of mayonnaise dressing and serve very cold

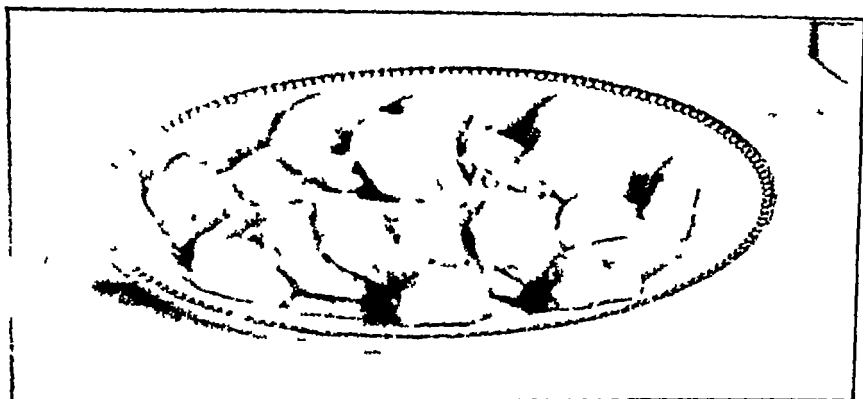
**Oyster Sandwiches**—Boil the oysters in their own liquor until the edges curl. Remove them from the fire, and when cold chop them with an equal quantity of celery or white lettuce leaves. Mix them with mayonnaise dressing (they must have been salted when cooked), and use as a filling for brown bread. Another variety of oyster sandwich is made with fried oysters. Allow a large oyster to each sandwich. Cut thin slices of bread as nearly as possible the shape of the oyster, and when buttered place between them the oysters delicately browned. Mayonnaise dressing, either bought or of home manufacture is invaluable in the preparation of sandwiches. With its aid almost any scraps of fish or meat can be made edible and it is a good plan to make it in quantities, as it will keep a long time in a cold place

**Oyster Sauce**—Boil two dozen oysters in their own liquor for two or three



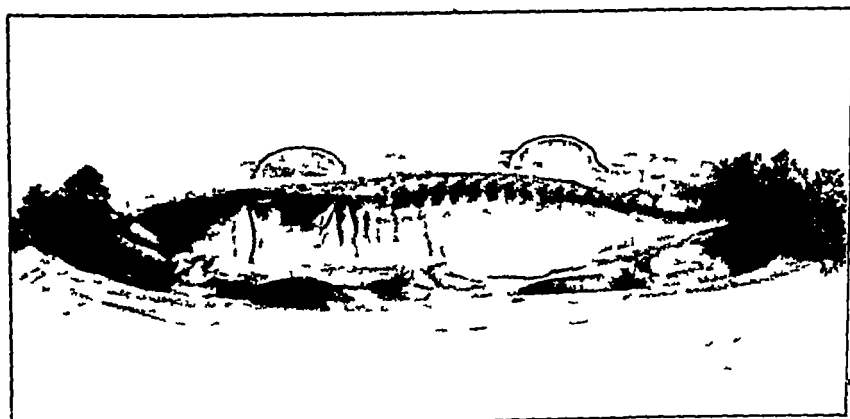
SALMON TROUT FARDIED AND STUFFED

[See p. 124]



CODFISH À LA BONNE LIMME

[See p. 113]



FRESH MACKEREL STUFFED AND BAKED

[See p. 120]







utes Toast slices of bread and cut them into long strips and butter them Arrange on a hot platter When the oysters are done, place a skewer with its contents on each strip of toast Pour over the whole the juices which have run into the pan Serve immediately

**Oysters, Stewed** — Carefully drain the juice from one quart of oysters, removing them from the liquor with a spoon, not piercing with a fork measure the juice, and if not half a pint in quantity add water enough to fill the measure Place the liquor over the fire in a porcelain stewpan, add a piece of butter the size of a walnut When it comes to a boil, carefully remove all scum that may arise Put in the oysters, and let them heat through not cooking enough to shrivel them add a little more than half a pint of cream let it all scald through again, remove from the stove, and season to suit the taste New milk will do instead of cream, and the stove should be very hot, so as to cook them quickly

**Oysters, Stewed Dry** — Cut slices of breakfast bacon into narrow strips and the strips into bits about an inch long place them in a shallow frying-pan and let them cook slowly to a crisp brown then turn in a pint of oysters drained free from all liquor After the oysters have been over the fire a minute or two stir them gently Cook about five minutes and serve on a very hot platter garnished with toasted crackers The oysters must be put to drain half an hour before they are needed for too much liquor will stew out

**Oysters, Stuffed** — Drain the liquid from one quart of nice fat oysters plunge them one minute in boiling water and drain well over a clean napkin. Remove the tendons, which are indigestible trim the oysters neatly and cool them thoroughly Sprinkle over one salt-spoonful of pepper then prepare fine herbs as follows Peel, wash, and drain in a

napkin  $\frac{3}{4}$  lb of fresh mushrooms, chop them, put in a small saucepan one levelled table spoonful of finely chopped shallots or white onions, and one table spoonful of butter Cook three minutes stirring all the time it must not get brown Add the mushrooms and one levelled table-spoonful of parsley, chopped, cook three minutes more Sprinkle over one teaspoonful of sifted flour, cook two minutes more, add half a gill of broth or a quarter of a teaspoonful of beef extract diluted in half a gill of warm water Cook slowly eight minutes, it must be quite thick Remove from the fire and let it cool Split the oysters in the side, but do not separate them Divide the fine herbs in portions equal to the number of oysters then put a layer in each, and close them gently

Cut as many thin, square slices of bacon as there are oysters, fry them over a slow fire for one minute on each side cool them off, and on a skewer put one of the slices of bacon, then one oyster, repeating the same thing until the skewer is full Put over the broiler, two minutes for each side While broiling, have a table-spoonful of melted butter and baste the oysters serve very hot A watercress-salad with French dressing and some hard-boiled eggs chopped and sprinkled over it would complete the dish

**Oysters au Supreme, Scalloped** — Make first of all a white sauce by cooking together a heaping teaspoonful each of butter and flour, and adding to them slowly a pint of cream in which a bit of soda the size of a pea has been dissolved Let this sauce cool before making the scallop Drain all the liquor from your oysters and put a layer of them in the bottom of a buttered pudding-dish Sprinkle with dry cracker (not bread) crumbs, bits of butter minced parsley and a tiny pinch of celery-salt and white pepper Now pour over all some of the cream sauce Put in another layer of oysters then more

seasoned crumb and rice, until the dish is full. The rice must nearly cover the oysters. Over the top sprinkle crumb and dot with pieces of butter. Cook in a hot oven until light brown in color, and serve at once.

**Prawns in Shells** — Pick the shells from five dozen prawns, mix with one-quarter the quantity of stewed mushrooms and four table-spoonfuls of white sauce. Fill buttered shells with the mixture, spread over with grated bread-crumbs which have been fried in butter. Arrange the shells in a baking pan and set in the oven until thoroughly heated, and serve.

**Scallops and Scrambled Eggs** — Simmer a pint of scallops in salted water for ten minutes, turn into a colander, and drench quickly with cold water. Break each scallop into halves, put two table-spoonfuls of butter in a hot frying-pan, add the scallops, toss them around until they show color, add half a dozen eggs, stir until cooked, and serve on hot squares of well-buttered toast. Scatter chopped parsley just before serving.

**Shrimps, Canned** (in a chafing-dish) — Remove the shrimps from the can several hours before you are ready for them. Cook together in your chafing-dish a table-spoonful of butter and a scant one of flour, mixed with a teaspoonful of dry-curry powder. When these are thoroughly blended and begin to bubble, add a cupful of boiling water and one of strained tomato-juice, pepper and salt to taste. Stir continually until the sauce is thick, then put in the shrimps, and cook for two minutes longer. This is a delicious and savory dish served by itself or with boiled rice.

**Shrimps in Jelly** — A box of shrimps is turned out into ice-water for an hour to remove their fishy taste, meanwhile a lemon jelly is made without the usual sweetening by dissolving half a box of powdered gelatine in three table-spoonfuls of water, adding to it half a pint of boiling water and the juice of two lemons, with a very little salt. This is strained, turned into a ring mould, half the box of shrimps are dropped in and all put on ice. When firm, the mould is held over boiling water for a moment to loosen the jelly, and then turned out on a round platter on lettuce, and the rest of the shrimps are piled in the middle with small hearts of the lettuce. Mayonnaise is to be pressed with the salad. The effect of the transparent jelly with the coral-colored shrimps is extremely pretty.

**Shrimp or Prawn Patties** — Shrimps and prawns when fresh boiled are firm and stiff, when stale, they are limp and clammy to the touch. Prepare the shrimp by picking, stew the shells for gravy, flavoring with cayenne and mace, then slightly chop the shrimp and heat them in the gravy, thicken with cream or flour and butter. Bake in patty-pans lined with a rich, light paste.

**Shrimps, Stuffed** — Peel off the shells of one pint of large shrimps, put them in a bowl of ice water for thirty minutes, wipe them dry with a clean napkin, and split them in two, lengthwise, without separating them. Put in the centre of each one-half teaspoonful of anchovy butter close them gently, and arrange them in a small glass dish with a few parsley leaves.

**Flannel Cakes**

See Bread

**Flavoring** — In France the standard of taste is uniform, or nearly so,

and the tradition of the kitchen may be trusted even where there is no chef to direct. In America tastes differ widely, and there is no

accepted standard The questions each household must settle for itself are, for instance, such as whether much pepper, curry powder, mulligatawny paste are to be used in the dishes of which they are ingredients Whether vinegar and lemon-juice are to be used sparingly or lavishly Whether spices and grocer's sauces are to be used at all Whether sugar is to be put into puddings etc in such quantities as to satisfy those who love sweet dishes of the sweetest, or otherwise Whether wine or any spirituous liquors are to be used at all Fine herbs mint fennel, sage sorrel cinnamon, vanilla lemon-peel, wines liqueurs are necessary for certain dishes, mushrooms truffles onions to others The proper blending and harmonizing of flavors show the skill of the cook, but it is also necessary that the cook's

palate should be in accord with that of the guests See also Liqueurs

Floating Island See Custards

Floral Creams See Creams

Flounders —The following recipes for cooking flounders will be found under their respective headings as indicated

Flounders à la Normandie See Fish

Fillets of  
Fillets of Stuffed  
Parisian Style  
Paupiettes of

Flummery See Jellies

Fondant See Candy

Fondue, Cheese See Cheesc

## FORCE-MEATS AND STUFFINGS

**Almond Force meat** —Beat up the yolks of three eggs with a quarter of a pint of good cream and flavor with a little nutmeg Blanch and pound in a mortar 3 ozs of sweet almonds using white of egg to moisten Add these with  $\frac{1}{4}$  lb of light bread-crumbs and 3 ozs of butter broken into small bits to the egg mixture Stir in lastly the whites of the eggs beaten to a solid froth and fill either capon or turkey

**Beef, Force-meat of** —Take cold mashed potato some slices of beef minced fine a few savory herbs pepper and salt Mix these with two eggs to a paste make into balls fry in butter a rich brown Garnish with fried parsley

**Chestnut Force-meat** —Roast and peel a dozen large chestnuts boil them for about twenty minutes in some strong veal gravy drain and when cold put them into a mortar, blanch

and mince them with the liver of the fowl a teaspoonful of grated ham, a teaspoonful of salt half a teaspoonful of pepper a teaspoonful of chopped onions a small pinch of grated lemon-rind three grains of cayenne two table-spoonfuls of bread-crumbs a piece of butter the size of a walnut and the yolks of two eggs Pound the dry ingredients in a mortar, and moisten them with the butter and eggs This force-meat is excellent for a large fowl Time to prepare, about twenty minutes

**Cold Pasties, Force-meat for** —For savory pasties to be eaten cold use a force meat of fowl—an old fowl will answer this purpose Strip off the skin and clear the flesh from the bones pound the flesh in a mortar so it some white bread in milk, squeeze it dry and rub with it 3 ozs of butter in the proportion of  $\frac{1}{2}$  lb of bread to this quantity, add the meat with a flavoring of nutmeg and salt Bind

with four yolks of eggs, and make up into balls for pasties or soups. A little ham, cut into thin slices and rolled round the balls separately, is a great improvement to a white-meat pasty. For game or beef pasties use pork, game, or liver. If parsley is liked, some may be minced and pounded with the meat.

## Cream Force-meat See Timbales

**Cream Stuffing (for chicken)** — Pour a little cream over a cupful of finely grated bread-crumbs. Let them soak for half an hour. Shred finely 4 ozs of suet, a teaspoonful of scalded parsley, and four or five button- mushrooms cut small and fried. Mix these well together with a little pepper and salt and add the yolks of two eggs. Stuff the fowl with the mixture.

**Curry Force-meat Balls** — Pound together bread-crumbs, hard-boiled yolks of eggs, a small quantity of butter, and a seasoning of curry powder and salt. Make into small balls. Time to fry two or three minutes.

**Egg Force-meat Balls** — Pound the yolks of half a dozen hard-boiled eggs with some chopped parsley, a teaspoonful of flour, a little pepper, salt, and cayenne. Moisten with egg and make the paste into small balls. Boil for two minutes before using in soup or other dishes.

**Fish, Force-meat of** — Clear away the skin and bone from any solid fish, mince 1 lb of the flesh very fine. Stew an onion in butter, and when tender pound it in a mortar with 4 ozs of butter broken into bits. Add 6 ozs of bread previously soaked in milk and squeezed dry, a couple of eggs which should be well beaten, pepper, salt and nutmeg, and when all is well mixed stir in the fish and make up into balls to be fried or boiled. Previous to mixing the fish with the other ingredients it should be passed through a wire sieve.

**Fish Soups, Force-meat Balls** for (or for garnishing fish) — Beat the flesh and soft parts of a muddling lobster, half an anchovy, a large piece of boiled celery, the yolk of a hard-boiled egg, a little flavoring of cayenne, mace, salt and white pepper, with two table-spoonfuls of bread-crumbs, one table-spoonful of oyster liquor, 2 ozs of butter, warmed, and two eggs, very well beaten, make into balls, and fry to a fine brown in hot lard.

**Game, Force-meat for** — Take the livers of the game and pound them with half their weight of beef suet and good, fat bacon mixed together, season with salt, pepper and powdered cloves. Use a little of the meat of game if enough livers cannot be obtained, moisten with cream and bind with the yolks of two eggs. If the force-meat be required stiff, stew over a gentle fire, keeping it constantly stirred until the proper consistency is gained. Time to stew, about ten or twelve minutes.

**Game, Force-meat of** — Clear the meat from the bones and mince it with  $\frac{1}{4}$  lb of fat bacon to each pound of game. Flavor with shallots, capers, lemon-peel and a very few leaves of tarragon, all of which should be minced very fine. Soak some bread and press out all the moisture, add it with the yolks of three eggs. If the bacon be salt, be careful not to over salt the force-meat, pepper to taste and stir in the frothed whites of eggs before using.

**Gratin** — Gratin is a French force meat. It may be made either of the lean part of veal or the breast and wings of a fowl. Take equal parts of veal and cooked liver, cut them into small pieces and put them in a saucepan with a little salt and pepper and a table-spoonful of savory herbs powdered. Fry them in a little butter for ten minutes, then mince finely and pound the meat until perfectly smooth with butter. Pound all thor-

oughly, and, while pounding, add three raw eggs at different times. Make up a small ball of the force-meat and throw it into boiling water, to try whether it is light and properly seasoned. If it be too firm, add a little water, if too soft, another egg.

**Hare, Force-meat for** — Parboil the liver of the hare, if sound, and mince it finely, also chop  $\frac{1}{4}$  lb of suet and rather less of lean bacon which should be shred fine, that the force-meat may not require to be pounded in a mortar. Mix these ingredients together, and add 6 ozs of bread-crumbs, a dessert-spoonful of parsley, a little thyme and marjoram mixed salt, pepper, and nutmeg. Bind with two or three yolks of eggs, which must be well beaten before being used. Stuff the inside of the hare, and make balls to be fried a nice brown.

**Liver, Force-meat of.** — To 1 lb of calf's liver allow  $\frac{1}{4}$  lb of fat bacon, chop them both separately. Stew in butter but do not brown, a shallot, an onion and if liked a small clove of garlic. Cover the stewpan until tender. Press out the moisture from some bread which has been soaked in water and add it to the butter in the pan, stir it to a stiff paste adding more butter if required. Remove the paste to a mortar and pound it with the chopped liver etc. a couple of eggs beaten without the whites, a small quantity of allspice or nutmeg, pepper and salt. When well pounded together pass the force-meat through a wire sieve.

**Meat Pies or Ragouts, Force-meat for** — Take  $\frac{1}{4}$  lb of ham the same of cold veal and of beef suet a chive or two some parsley cayenne salt and a very little lemon-peel with half a pint of bread-crumbs. Pound all together in a mortar, previously chopping the meat. Form the force-meat into a mass with two raw eggs. The flavor may be varied according to taste, an anchovy or oysters may

be added, if liked. Time, about one hour to prepare.

**Mushroom, Force-meat of.** — Procure 4 ozs of young mushrooms. Peel them, cut off the stems, and remove the brown part. Dissolve 2 ozs of butter in a stewpan, and let them simmer very gently over a slow fire, with a slight flavoring of mace and cayenne. Spread them over a dish, placed in a slanting position to drain away the moisture. When cold, mince them, and add 4 ozs of fine bread-crumbs, a small seasoning of salt, cayenne, mace and nutmeg, a piece of butter, and the yolks of a couple of eggs to bind. Throw in as much of the mushroom gravy as will make the force-meat of the proper consistency. It will be greatly improved if the whole mixture be pounded in a mortar. Make into balls, poach, and throw into soup, or fry, and serve round a dish of roast fowls or minced veal. It is also good as a stuffing for boiled fowls, partridges, etc. Time to stew in butter, seven minutes, to poach balls six minutes, to fry, six or seven minutes.

**Mushroom Stuffing (for turkey)** — Take six or eight small mushrooms, peel them, put them into a saucepan with a slice of fresh butter, and let them simmer gently for seven or eight minutes. Drain the liquor from them and let them cool, then mince them, and mix them with  $\frac{1}{4}$  lb of finely grated bread-crumbs. Add a slight seasoning of salt, cayenne, grated nutmeg and grated lemon-rind but be careful that the mushroom flavor is not overpowered. Work 1 oz of fresh butter into the force-meat, bind it together with the yolk of an egg, and add as much of the butter in which the mushrooms were stewed as it will take without being made too moist. Pound the mixture thoroughly, and it will be ready for use. Fill the turkey with it, boil or roast it and send mushroom sauce to table with it. Time, one hour to prepare the force-meat.

## Onion Stuffing **FORCE-MEATS, ETC.** Suet Force-meat

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**Onion Stuffing (for chicken)** —Beat the yolk of an egg thoroughly, and mix with it a table-spoonful of hot vinegar, half a salt-spoonful of powdered thyme, and as much finely minced parsley as will make it quite thick. Boil a large Spanish onion in three or four waters until it is tender, press it well, mince it finely, and mix it with the vinegar. Add 2 ozs of lard cut up into small pieces, and a little pepper and salt. A chicken which has been filled with this stuffing should be braised and served with white sauce.

**Oysters, Force-meat of** —Get very fresh oysters, and cut them into quarters. Grate bread enough to fill half a pint, and 1½ ozs of finely shred suet or butter, which should be broken into bits. Mix all these ingredients together with a good flavoring of herbs, a seasoning of salt, pepper, and grated nutmeg. Bind with two well-beaten eggs. This force-meat is for boiled or roast turkey. It may be made also into balls and used as a garnish.

**Passover Balls (for soup)** —Chop an onion and ½ lb of suet very finely, stew them together until the suet is melted, then pour it hot upon eight spoonfuls of biscuit flour, mix it well together, add a little salt, a little grated nutmeg, lemon-peel and ginger, and six eggs. Put the balls into the soup when it boils, and boil them for a quarter of an hour. The quantity of eggs and flour may appear disproportioned, but the flour employed is of a peculiar kind used for the purpose in Jewish families. Nothing can exceed the excellence of the balls made after this recipe; they are applicable to any kind of soups.

**Quenelles** are force-meats made into small balls, rolls or fancy shapes, rolled in flour and poached.

**Rabbit, Force-meat for**  
See Hare Force-meat

**Sage and Onion Stuffing (for geese, pork and ducks)** —Skin ten or twelve onions, and throw them into cold water. When all are peeled, put them with six or eight green sage leaves into a saucepan of boiling water and let them boil till tender. Pour off the water, mince the onions and sage finely, and beat them well with a piece of butter the size of an egg and a little pepper and salt. Heat the onions again till the butter is dissolved, and serve very hot. If dried sage is used, it must be powdered and mixed with the onions after they are boiled. Time, about an hour and a half.

**Sage, Onion, and Apple Stuffing (for geese, pork and ducks)** —Put four apples four onions four sage leaves, and four lemon-thyme leaves into a saucepan with as much water as will cover them. Let them simmer till tender then pour off the water and rub them through a sieve. Season the pulp with pepper and salt, mix with it as much mashed potato as will make it dry and smooth and the stuffing will be ready for use. If liked, a spoonful of boiled rice may be mixed with the sage and onions instead of the potatoes.

**Shrimp, Force-meat of** —Clear a pint of shrimps from their shells and chop them finely. Mix with an equal quantity of bread-crumbs. Season with salt, pepper and a small quantity of mace. Pound into a smooth paste with 2 or 3 ozs of butter. Bind with the yolk of an egg. Use this force-meat to stuff any freshwater fish.

**Suet Force-meat Balls** —Chop ¼ lb of beef suet a little lemon-peel, and parsley. Mix with a basin of bread-crumbs, and flavor with pepper, salt and nutmeg. Moisten with the yolks of two eggs, roll in flour and make up into small balls. Bake in a hot oven till crisp. This recipe will do for fowls. The addition of a little

ham chopped or pounded will be an improvement

**Turkey, Roast, Force-meat for** — Take of lean veal or the flesh of an old fowl 2 ozs free it from skin and sinew Pound it in a mortar with 2 ozs of shred suet the same of bread-crumbs a dessert-spoonful of minced parsley a large teaspoonful of lemon-thyme an onion and the grated rind of half a lemon Flavor delicately with pepper and salt and pound and bind together with two beaten eggs A richer and better force-meat is made by the addition of ham tongue anchovy, or a dozen minced oysters. Pork sausage-meat is sometimes used to stuff the crop

**Turtle Soup, Force-meat for** — A pound of fine fresh suet 1 lb of ready-dressed veal or chicken chopped fine crumbs of bread a little shallot or onion salt white pepper nutmeg, mace pennyroyal parsley and lemon-thyme finely shred beat as many eggs the yolks and whites separately as will make the above ingredients into a moist paste roll into small balls and boil them in fresh lard putting them in just as it boils up When of a light brown take them out and drain them before the fire If the suet be moist or stale a great many more eggs will be necessary Balls made this way are remarkably light but for persons who cannot digest rich food they may be prepared with less suet and eggs

**Udder Force-meat** — In France calf's udder is used instead of butter It is first boiled then pounded and pressed through a fine sieve

**Veal Curry, Force meat Balls for** — Boil an egg hard pound the yolk in a mortar mix with it some finely grated bread-crumbs a pinch of salt and a seasoning of curry powder or paste Rub a small slice of fresh butter into the mixture form it into balls the size of small marbles throw them into fast-boiling water for a

couple of minutes, and they will be ready for use

**Veal Force-meat** — No 1 Shred finely  $\frac{1}{2}$  lb of suet free from skin and fibre Mix with it  $\frac{1}{2}$  lb of bread-crumbs cribbled through a colander the rind of half a small lemon grated one teaspoonful of salt half a teaspoonful of white pepper, a table-spoonful of chopped parsley a teaspoonful of thyme, two small blades of mace, pounded Bind the mixture together with yolk of egg, to which a little milk may be added when economy is a consideration — No 2 Chop finely  $\frac{1}{4}$  lb of beef suet with 2 ozs of lean raw ham, and 5 ozs of bread-crumbs rubbed through a colander Add a piece of thin lemon-rind about the size of a thumb-nail a teaspoonful of chopped parsley a teaspoonful of mixed sweet herbs if fresh (if very dry two teaspoonfuls) and half a teaspoonful of salt, and a little cayenne or white pepper Bind the mixture together with two whole eggs — No 3 Take  $\frac{1}{2}$  lb of veal and  $\frac{1}{4}$  lb of fat bacon Cut these into strips and scrape them with the back of a knife then pound them well in a mortar and pass the preparation through a sieve Mix with it the crumb of half a roll half a drachm of powdered mace the same quantity of grated nutmeg a dessert-spoonful of chopped onions parsley and mushrooms with a little pepper and salt Mix these ingredients thoroughly continually pounding them in the mortar bind them together with two well-beaten eggs and pour a small quantity in boiling water When the preparation is firm light and delicately flavored it will be ready for use This force-meat may be used for pies balls etc When force-meat is to be served in the form of balls mould it to the size and shape of large marbles put these into hot fat over the fire and turn them about for a few minutes till they are lightly browned Place them on a sheet of blotting-paper before the fire to drain off the fat When dry they are ready for serving

Forfarshire Tea Buns	See Bread
Fowl	See Poultry
Francatelli Pudding	See Pudding
Frappe Chocolate, Coffee, etc	See Beverages
French Beef Soup	See Soups
French Bread	See Bread
Pancake	
Roll	
French Candy	See Candy
French Cream Fritters	See Fritters
French Puffs	See Cakes
French Salad Dressing	See Salads
French Sandwich	See Sandwiches
French Soufflé	See Souffles
French Vegetable Broth	See Soups
Fricandelles, Fried	—Mince first and then pound together, beef and

suet in the proportion of  $\frac{1}{4}$  lb of suet to 1 lb of meat. Roast or any cold beef may be used but uncooked meat is best. Smooth to a paste with an egg or two and a little water. Add  $\frac{1}{2}$  oz of fine bread crumbs, a little hard onion, salt and pepper. Make into egg-shaped balls and fry in butter to a delicate brown or they may be baked with a mixture of mashed potato as a substitute for bread and fat bacon instead of suet. Time ten minutes to fry.

Fricandean of Veal See Veal

Fricassee Eggs See Eggs

Fricassee of Chicken See Poultry

Fricassee of Veal See Veal

**Fritella**—Take the livers, gizzards, hearts and lights of two or three chickens, clean and parboil them, cut them into neat pieces, slice artichokes and peeled potatoes, dip them in egg, roll in flour or corn meal, and fry in boiling oil or butter. Drain dry and serve on a hot dish. One or two artichokes and about three good sized potatoes will be enough. The dish is much better if it is added to it a parboiled sweetbread and a pair of calf's brains also parboiled, fried with the other ingredients.

## FRITTERS

**Fritters**—There are few dainties more easily prepared than are fritters. To one who has mastered the knack or art of fritter making the process is simple and the numerous results delicious. The materials which form the base of their composition range from fish flesh and fowl to vegetables and fruits—those made of fruits forming most delicious desserts. An essential item in the preparation of these toothsome dainties is that the deep fat in which they are to be cook-

ed shall be at just the right point of heat. The frying-kettle containing the fat must be set at one side of the range where it will heat slowly until needed when it may be drawn forward and allowed to become very hot. The fat is tested by dropping a cube of bread into it. It will sink to the bottom for an instant, then rise to the top and in one minute should be a golden-brown in color. The fat is then at the proper temperature, but it must be watched care-



fully that it does not get so hot as to burn and blacken Fritter batter should not be allowed to stand after it is completed by the addition of the whites of eggs, but must be cooked at once Experience will soon teach one exactly how thick the batter must be It is hard to make any positive rule as to the quantity of flour required, as some flours thicken more readily than others The flour must be sifted twice with the salt, the milk must be carefully measured, and the yolks and whites of the eggs beaten thoroughly and separately To have fritters of uniform size, be careful to drop even spoonfuls of the batter into the fat, using a long-handled spoon for the purpose As soon as they are of a golden-brown, remove at once from the kettle with a split or perforated spoon and lay in a hot colander until dry They should be served very hot

**Fritters, Batter for**—One pint of sifted flour, four eggs one teaspoonful of salt, one pint of water or milk Blend the salt and the yolks of the eggs, adding three table-spoonfuls of butter or salad oil Add to this blend the flour, a little at a time and then the water Beat it well and let it stand at least two hours When ready to use stir in the whites of the eggs, which have been beaten into a froth For fruit fritters a table-spoonful of brandy and one of sugar are to be added For clam and oyster fritters, use their juice and less water Frying baskets of fine wire to fit the frying kettle can be bought at almost any house-furnishing store Heat the fat slowly When a bluish smoke rises from the centre of the kettle the fat is hot After the frying has been finished strain the fat through a cloth If this is done the same fat can be used several times

**Apple Fritters**—Cut a dozen large, juicy apples into slices after peeling and coring them Throw the slices into the batter Have ready a pan of equal parts of lard and butter,

boiling hot Take the batter up in a ladle, allowing a slice of apple to each fritter and drop into the hot lard Fry brown, drain a moment, and serve with powdered sugar and nutmeg

**Banana Fritters**—Peel half a dozen bananas and cut them in two, and then lengthwise Put the pieces of fruit in a bowl and sprinkle over them two table-spoonfuls of sugar and three of sherry wine Let them stand two hours in a cool place Dip the pieces of banana into the batter, and drop them into hot fat and cook a delicate brown Drain them on brown paper and serve hot with a lemon sauce

**Bread and Fruit Fritters**—Take twelve slices of bread and butter, cut off the crust, and let them be of equal thickness, spread them over with jam—any sort that may be liked—and make a cover with another slice, press them tightly together, and cut them into any desired forms Dip them in batter and fry in boiling lard about ten minutes, dry them before the fire on a piece of blotting-paper and serve on a napkin, with sifted sugar sprinkled over

**Cheese and Spaghetti Fritters**—Boil a scant half-cup of spaghetti very tender, drain, and chop fine Stir into it a large table-spoonful each of grated cheese and cream and season with salt and a little cayenne Have ready some good puff paste, rolled out very thin Cut it into rounds lay on each piece a spoonful of the spaghetti-and-cheese mixture, double over, and pinch the edges together that the contents may not escape Dip in egg drop into boiling fat and fry to a light yellow

**Clam Fritters**—Take the clams from the shells and put them into a stewpan Add about half the strained liquor, and a little black and cayenne pepper mixed When they have stewed slowly about twenty

minutes, take them off the fire, drain the liquor off and mince them fine leaving out the hard parts. The fat should be very hot.

**Corn Fritters** — To 18 ears of grated corn add four table-spoonfuls of sweet rich cream, half a coffee-cupful of flour, the yolks of three eggs — the whites beaten separately and then stirred in. Salt and fry as other fritters in hot butter. Milk will do in place of cream but is not so nice. Serve with wine sauce.

**French Cream Fritters** — A half-pint of cold water, half-pint flour, three whole eggs and the white of a fourth, one table-spoonful each of butter and sugar, grated peel of half a lemon, tiny pinch of salt. Put the water, sugar, butter, salt, and lemon peel together in a clean saucepan and bring to a boil. Take it from the fire and when it cools stir in the flour carefully that it may not lump. Return to the fire and stir steadily until it boils. Again take it off and let it cool, and then add the three eggs, one at a time, beating each in well. When it is stirred enough the mixture will leave the spoon clean when you withdraw it. Add now the white of the fourth egg, beaten very stiff. Set the mixture aside for two hours and then drop it in lumps the size of an English walnut from the end of a spoon into boiling fat. Do not have too many in at once, but take them out with a split spoon as fast as they are done. Serve on a napkin and sprinkle with powdered sugar. They are good either hot or cold.

**Fruit Fritters** — Fruits such as pineapple, apple, orange, peach, etc., should be cut in slices, dipped in the batter, fried nicely, and, when dried before the fire, strewed with sifted sugar. Such fruits as strawberries, cherries, apricots, and raspberries should be thrown into the batter and a spoonful poured into the boiling fat, all stones must be previously

removed. For frying vegetables mix into the batter, in the place of sugar, etc., savory herbs and salt.

**Indian-Meat Fritters** — Make a batter as for other fritters, with four or five table-spoonfuls of meal, a pint of warm milk, and four well-beaten eggs. Drop the batter into boiling lard from a ladle, have plenty in the pan. Keep each fritter separate and serve after drying before the fire as quickly as possible, that they may not cool. Time, ten to twelve minutes to fry.

**Lemon Fritters** — Shred 2 ozs of beef suet very finely, add 1 dessert-spoonful of flour, 3 ozs of fine bread-crumbs, the grated rind of 1 large lemon, and two table-spoonfuls of powdered sugar. When the dry ingredients are thoroughly blended, stir in a table-spoonful of milk, two well-beaten eggs and a table-spoonful of strained lemon-juice. Fry the mixture in small quantities until it is lightly browned on each side, drain, and serve as hot as possible. Time, five or six minutes to fry.

**Parsnip Fritters** — Scrape and boil tender, rub through a colander to get rid of the tough and stringy portions, beat in an egg, 1 table-spoonful of milk, a teaspoonful (heaping) of flour, with a little pepper and salt, make into small flat cakes, flour and fry.

**Oyster Fritters** are made the same way as clam fritters omitting the cooking before putting them into the batter. The fat should be very hot.

**Peach Fritters** — Put ten table-spoonfuls of flour into a basin, pour over it slowly stirring all the time, to keep it free of lumps, one quart of milk, the yolks of eight eggs, and then the beaten whites, have some butter hot in a dripping-pan, and some fresh peaches peeled and quartered, take up a large table-spoonful of the batter, drop into it one of the

quarters and put into the hot fat fry, and take up in a skimmer. Serve with butter, sugar, and nutmeg.

**Potato Fritters** — Grate six cold, boiled potatoes add to them one pint of cream (new milk will do) and flour enough to make as stiff as other fritters the yolks of three or four eggs then the beaten whites, a little salt. Fry in hot lard or butter.

**Rhubarb Fritters** — Pare and cut into small pieces a half-dozen stalks of rhubarb. Stir the rhubarb into the batter. Fry the same as other fritters and when done to a bright yellowish brown on both sides drain and serve with butter and sugar together with a little grated nutmeg.

**Rice-and-Cheese Fritters** — One cupful of cold boiled rice two table-spoonfuls of milk or cream one egg one-half cupful of grated cheese one table-spoonful of flour and one tea-spoonful of baking-powder. Heat the rice over boiling water add the milk, and when soft, add the beaten egg and cheese. Beat thoroughly then add the flour and baking-powder. Drop in small portions into hot butter and cook quickly turning as soon as a delicate brown. If they spread add a trifle more flour if too stiff add milk.

**Frogs' Legs, Grilled.** — Trim wash and dry well medium-sized fresh frogs legs and soak for one hour in a pint of cold water and two gills of vinegar. Remove and dry. Have ready three table-spoonfuls of melted butter seasoned with a half-teaspoonful of salt and two pinches of pepper into which dip the frogs and roll in fresh bread-crumbs before broiling them three minutes on each side. As a garnish wash and dry well twelve branches of long-stemmed parsley. Put them in the frying-

**Spinach Fritters** — Take spinach and boil it thoroughly drain it well, mince, and add some grated bread nutmeg, ginger, and cinnamon, all pounded. Add as much cream, or yolks and whites of eggs as will make the preparation of the consistence of batter, scald a few currants and mix them in. Drop the batter into a frying-pan of boiling lard when the fritters rise, take them out, drain and send to table.

**Squash Fritters** — Grate the pared squash leaving out all the seeds, to every coffee-cupful add half a pint of new milk or cream the yolks of two eggs flour enough to make it as stiff as corn fritters, a little salt and pepper, and the beaten whites of the eggs. Fry in lard and butter or butter alone. If they taste too much of the squash, add more milk and flour.

**Veal Fritters** — Cut slices from cold roast veal so that they shall be about half an inch in thickness, and a little larger than oysters and of the same shape season with salt and pepper. Have ready a dripping-pan with enough hot melted lard in it to nearly cover the fritters drop in two table-spoonfuls of the batter over thus place a piece of meat, then two more spoonfuls of batter on top of the meat. When brown take up, and draining, send hot to table.

basket and plunge for two minutes into plenty of very hot fat. It is then ready for garnishing. Fried parsley should always be served with boiled or fried fish.

Frosting	See Cakes.
Frothed Eggs.	See Eggs
Frozen Custard	See Custards
Frozen Pudding	See Puddings.

## FRUITS

For other fruit recipes see Cakes, Custards, Creams, Ices, Pies, Puddings, Preserves, Jams, Jellies, Marmalades, Pickles, etc., etc.

A list of the various recipes of each fruit will also be found under the name of the fruit. For instance under "Apple" will be found Apple Pie, Apple Custard, Apple Dumpling, Apple Jelly, Apple Soufflé, etc., etc., with a reference to the place where the recipe will be found.

*Fruit Compotes Syrup for* — The quantity of sugar for the syrup in compotes must depend upon the acidity of the fruit. For rhubarb, green gooseberries, early apples, etc., 10 ozs of loaf sugar to be boiled gently with half a pint of water for ten minutes will be sufficient. One pound of fruit must then be put in and boiled gently until it is sufficiently cooked. Lift the fruit into a deep glass dish, pour the syrup round it, and serve. For apricots, plums, strawberries and cherries, 6 ozs of sugar will be sufficient. It is a most delicious and wholesome way of serving fruit. Generally speaking, the larger the amount of sugar used, the clearer will be the syrup and the longer it will keep.

*Fruits in Blanc-mange Border* — Make a blanc-mange, flavoring it so that it will accord well with the fruits to be served with it. For instance, with canned or preserved cherries, kirsch or maraschino may be used, and either of these would answer with peaches. Set the blanc-mange to form in a border mould wet with cold water, and when firm, turn out the shape on a flat dish. Heap the fruit in the space in the centre. Almost any preserved or brandid fruit is good thus served.

*Fruit Biscuits* — Make a paste as follows. Mix thoroughly the yolks of two eggs and 4 ozs of sugar. When smooth, add 4 ozs of flour, one egg, and a little salt, and last of

all the whites of two eggs whisked till firm. Spread the paste on a lined baking-tin, it should be rather less than an inch thick. Bake in a moderate oven and when cool, cut into fingers. Rub a cupful of strawberries or raspberries through a fine sieve and mix with the pulp of castor sugar to make a stiff paste. Spread this upon the biscuits and dry in a cool oven.

*Fruit, Compote of, Mixed* — Boil 10 ozs of sugar and half a pint of water ten minutes. Take the stalks from a quart of red currants and let them simmer with the same quantity of raspberries from eight to ten minutes in the syrup. Get ripe, but sound raspberries and see that they are free from moisture before they are put into the syrup.

*Fruits, Macédoine of* — Set a jelly mould into a pail of rough ice and salt, and arrange the fruits according to fancy between layers of clear, well-sweetened jelly flavored with some liquor as *noyau* or *maraschino*. If the jelly be poured into the mould an hour before it is required, the outside will be sufficiently frozen and the inner part will be as firm as can be desired. When removed from the ice-pail, turn out the jelly on a glass dish, first dipping the mould into tepid water which will loosen it immediately. The mould should be covered while in the ice.

*Apples, Baked* — Pare some good apples and scoop out the cores. Put a little sugar and two cloves into each hollow place, them in a dish, not allowing them to touch one another. Strew powdered sugar over them and a little sweet wine with some thin lemon rind in it. Cover the dish and bake in a slow oven. The wine may be omitted. Time to bake three-quarters of an hour.

*Apples, Brown Betty* — Apples, raisins, currants and dates, the proportions according to taste or fancy,



the well-whisked whites of three eggs Beat all together until they are nicely frothed, then serve, heaped on a dish Time to beat, a quarter of an hour

**Apples a la Cremona** — Choose the best cooking apples, pare and cut into pieces, the form of a brick a sufficient quantity to weigh  $1\frac{1}{2}$  lbs, strew over them 1 lb of granulated sugar and the peel of a lemon, shredded finely, and cover them up close in a bowl Next day put the apples, piece by piece, into a small preserving-pan, with the sugar etc, and two large spoonfuls of sweet cider or the juice of a lemon Simmer very gently, and, as the pieces of apple become clear, take them out When cold, build a wall with them on a small oval dish, and place the lemon-peel on the top, pour the syrup into the middle Serve cream to eat with it The peel of an orange cut thin may take the place of lemon, if preferred

**Apple Cobbler (without crust)** — Two pounds of pared, cored and sliced apples Put them into a pan that can be covered, add 1 lb of white sugar, juice of three lemons, grated rind of half a lemon, cook two hours, put into a mould, and eat with cream Delicious

**Apple Float** — One pint of stewed apples, when cold, sweeten and flavor to taste Just as you want to send to table, add the beaten whites of four eggs lightly stirred into it. With cream this makes a nice dessert.

**Apple-fool** — Take 2 lbs of apples, pared and cored Put them into a saucepan with a cupful of water, one or two cloves, and sugar to taste Let them simmer till quite soft and beat them well with a wooden spoon Mix with them, gradually, a pint of new milk, or milk and cream, boiled and allowed to become cold, sweetened and flavored Time to simmer the apples, about half an hour

**Apple Gateau** — Boil 1 lb of sugar in half a pint of water till it makes a rich syrup Peel, core, and slice very thinly 2 lbs of any nicely flavored apples which will fall easily Boil in the syrup with the rind and juice of a lemon until stiff Pour the mixture into a mould, and the following day turn it out and serve with custard Time, about two hours

**Apples, Jellied** — Peel and core firm tart apples Put them over the fire in just enough water to cover them, sprinkling them generously with white sugar Cook slowly at the back of the fire until the apples are tender Take them out with a split spoon Bring the liquid left from them to a boil, and add to it a table-spoonful of gelatine which has been soaked for half an hour in a very little cold water When this is dissolved pour all over the apples, which should have been arranged in a bowl Let them become ice-cold before serving them Eat with cream, whipped or plain

**Apples a la Marie** — Pare some large, firm apples, and scoop out the core without dividing them Fill the cavity with cream or custard Cover each apple with a little short crust, with a sort of knot or bow at the top, and bake in a moderate oven Serve with sifted sugar Time to bake, half an hour

**Apples, Meringue of** — Take twelve apples, cut them in quarters, take out the cores, and slice Place them in a stewpan, and stir over a brisk fire for a quarter of an hour with 6 ozs of butter and  $\frac{1}{4}$  lb of powdered sugar When cool, add two table-spoonfuls of jam, according to taste Place the whole in the form of a pyramid in the centre of a dish, and cover thickly with the whites of three eggs whipped to a firm cream with  $\frac{1}{4}$  lb of pounded sugar Lay this mixture on sprinkle more sugar over, and bake When done, the meringue should have acquired a

pale yellow color Time, about ten minutes to bake.

**Apples, Miroton of** — Pare, core, and slice half a dozen finely flavored apples Place them in a stewpan with very little water, two table-spoonfuls of sugar, and some powdered cinnamon, and let them simmer very gently until reduced to a pulp lay this smoothly in a dish Then boil seven or eight lumps of sugar with a teacupful of water and the thinly grated rind of two lemons, add a lump of butter the size of an egg a spoonful of flour, another of brandy the yolks of three eggs and the white of one Mix these well over the fire until quite smooth, pour over the apples, then whisk to a stiff froth the remaining whites of the eggs When the custard is cold, pile the egg whites upon it, sift a dessert-spoonful of sugar on the top and set the dish in the oven till the surface is lightly browned

**Apple Pudding (without pastry)** — Pare and cut up enough apples to weigh 2 lbs Boil them and rub through a colander Add a large spoonful of butter while they are hot and when cold add  $\frac{1}{2}$  lb of crushed white sugar six well-beaten eggs, and the grated rind of a lemon Pour the mixture into a deep dish, and bake for half an hour

**Apples and Rice** — Simmer a cupful of rice in a quart of milk until the rice is tender and the milk absorbed Add a heaped table-spoonful of sugar and half a dozen drops of essence of almonds Beat well for a few minutes, then place in the centre of a large dish a round jar and pour the rice round it Pare core and cut six or eight large apples into slices half an inch thick Fry them in boiling oil or butter until they are cooked through but do not allow them to break stick them into the rice, and ornament it prettily with colored jam pink sugar red jelly, or in any way that the fancy may

suggest Before serving, lift the jar from the centre of the dish, and fill the hole with a good custard This may be eaten either hot or cold Time to boil the rice, forty minutes

**Apples and Rice Snowballs** — Wash  $\frac{1}{2}$  lb of rice in two or three waters and pick out all imperfect grains Throw it into a saucepan of fast-boiling water, and boil quickly for ten minutes, drain, and cool it Pare five or six large baking apples, and carefully scoop the core without dividing them Put into the hollow of each a little grated lemon-rind or cinnamon and sugar Divide the rice into as many portions as there are apples, and spread each portion in a circular form on a separate cloth Lay the fruit in the centre, and tie the cloth to cover the apple with the rice Put the puddings into boiling water, and keep them boiling quickly until done enough Turn the snowballs upon a hot dish, strew powdered sugar thickly over them and send melted butter to table with them If liked, oranges, skinned and cleared from the thick white skin may be substituted for the apples Time to boil, an hour and a half

**Apple Snow** — Reduce half a dozen apples to a pulp press them through a sieve sweeten and flavor them Take the whites of six eggs whisk them for some minutes, and strew into them two table-spoonfuls of sifted sugar Beat the pulp to a froth then mix the two together and whisk them until they look like stiff snow Pile high in rough pieces on a glass dish stick a sprig of green in the middle and garnish with small pieces of bright-colored jelly Time to beat the snow, three-quarters of an hour

**Apples, Stewed** — Pare half a dozen large-sized tart apples scoop out the cores, boil the apples in sugar and water until they are soft enough to be pierced with a broom-splint.

Have them keep their shape. Mix cold boiled rice the yolks of two eggs, sugar and spice to taste, fill the centres of the stewed apples with the rice etc beat the whites of the two eggs to a stiff froth adding two table-spoonfuls of powdered sugar. Put a spoonful of this on the top of each apple and send to the table.

**Apricots with Bavarian Blanc-mange** — Put 1 oz of gelatine dissolved with a pint of cream or new milk. Squeeze the juice of a lemon over a terecupful of apricot jam and mix with it very gradually four table-spoonfuls of milk. Stir all together for a few minutes strain through coarse muslin and when nearly cold put it into a mould which has been previously soaked in water. Let it stand twelve hours in a cool place. Time to boil the mixture, five minutes.

**Apricot Cream** — Take a dozen and a half ripe apricots, pare, stone and halve them and place them in a saucepan with a cupful of sugar dissolved in a cupful of water. Let them simmer gently until they are reduced to pulp when they must be pressed through a fine sieve and put aside to cool. Boil a pint and a half of new milk or cream with three table-spoonfuls of sugar. If these cannot be easily obtained condensed milk may be substituted, and will answer very much the same purpose but it must be remembered that, whenever this is used, less sugar will be required. Let it cool after boiling then put to it the yolks of eight eggs, well beaten. Pour this into a crock which must be placed in a saucepan of boiling water and stirred one way until it thickens. Add 1½ ozs of isinglass which has been boiled in a little water, and when the cream is cold mix the apricot with it, pour the mixture into a well-oiled mould and keep it in a cool place. If apricots are out of season, apricot marmalade may be used instead. Time to thicken the cream, ten to fifteen minutes.

**Apricots, Compote of** — Take one dozen large, sound apricots, halve them, remove the stones and blanch the kernels. Put ¼ lb of loaf sugar into an enameled stewpan with a pint and a half of water. Let it boil, then put in the apricots and let them simmer very gently for a few minutes. Take them out drain them and arrange them in a dish. When the syrup is cold pour it over the fruit. Put half a kernel upon each piece of apricot.

**Apricot Paste** — Peel and stone some apricots and put them into a dish in a warm oven, cover the fruit with another dish, and let them remain until they are tender, then take them out and let them get cold. When this is done take the same weight of powdered loaf sugar as there was fruit and moisten it with a small quantity of water. Boil it until ready to candy and then mix the apricots with it. Stir the syrup continually and boil it until it becomes of the consistency of marmalade. Make this paste into the shape of apricots and put it in a warm place. When dry it will be found very transparent. Time to boil the sugar and fruit, till it is stiff and smooth.

**Apricots au Riz** — Put a cupful of rice in a saucepan with a quart of milk, a piece of butter the size of a nut, two table-spoonfuls of sugar and the rind of a lemon. Let all simmer gently and when the milk is absorbed and the rice tender, add to it four well-beaten eggs. Boil up again stirring all the time, to cook the eggs. Remove the lemon-rind. Put a large cup in the middle of a large glass dish and heap the rice round it, smooth it with the back of a spoon and let it slope down to the edges of the dish. When it is cold, remove the cup and place the apricots in the hollow piling them pyramidically. They must be prepared thus. Take two dozen of the fresh fruit, sound and ripe pare stone and slice them. Make a syrup of a breakfast-









but unbroken Turn them out with the syrup, and serve cold Sufficient for half a dozen persons

**Gooseberry Toast** —Pick and clean a pint of green gooseberries, toast as many slices of bread as will fill a deep dish soak each piece in milk or custard, sprinkle one side of each with fine white sugar, have the gooseberries stewed for ten minutes, place the first layer of toast at the bottom of the dish, cover it with the fruit, add another layer of toast then of fruit until the dish is full Put small lumps of butter on the top bake in a moderate oven for a quarter of an hour, and serve hot

**Gooseberry Trifle** —One quart of green gooseberries, one and a half cupfuls of granulated sugar two cupfuls of milk, three eggs, one pint of whipped cream Cook the gooseberries in a double boiler until they are soft enough to rub through a colander, and add one cupful of sugar, or more if they are very sour While they are stewing make a boiled custard of the milk, eggs, and half a cupful of sugar When the pulped gooseberries are cool pour them into a glass dish cover them with the cold custard, and heap the whipped cream on top

**Grape Fruit** —This fruit is also called the shaddock, and its virtues are not as well known as they ought to be It is in season in late autumn and early winter, and is very appetizing when properly prepared Divide it into halves horizontally take out the hard pith and seeds in the middle, fill the cavities, and sprinkle the surface with sugar Pour over each half a table-spoonful of sherry, if liked, and let them stand for several hours before serving They should be eaten with an orange-spoon

**Lemon Creams (without cream)** —Put the thin rinds of two and the strained juice of three lemons into a pint of water Let them soak for an hour or two Add six well-beaten

eggs and 4 ozs of loaf sugar, set all together over the fire and stir constantly until the mixture thickens but do not allow it to boil Strain it, when cool, into glasses Time, a few minutes to thicken the cream

**Lemon Rice** —Put the rind of a lemon, 1 oz of butter, three table-spoonfuls of sugar, five or six bruised almonds, and a pint and a half of milk into a saucepan When it boils, stir in quickly  $\frac{1}{4}$  lb of ground rice which has been smoothly mixed with another half-pint of milk Continue stirring until the rice has boiled for a few minutes and until it leaves the sides of the saucepan with the spoon, then take out the rind, pour the rice into a well-oiled mould, and put it in a cool place to set Cut the rind of a lemon into strips an inch long and the eighth of an inch wide throw them into boiling water, let them boil for two minutes, then drain and dry them Put 6 ozs of sugar into a pint of water, add the juice of the lemon and the strips of rind, and simmer gently for two hours When wanted for use turn out the rice, pour the syrup gently over it, and take care that the lemon-rind is equally distributed

**Lemon Snow** —Pour a pint of cold water over 1 oz of gelatine Let it soak for half an hour then put it in a saucepan over the fire, with  $\frac{3}{4}$  lb of loaf sugar and the thin rind and strained juice of two fresh lemons Summer gently, stirring it all the time until the gelatine is dissolved then pour it out and put it aside until it is cold and beginning to set Stir in the whites of three well-beaten eggs and whisk all together briskly until it stiffens and assumes the appearance of snow then pile it lightly in a glass dish, and make it look as rocky as possible If the uniform whiteness is objected to, half of the snow may be colored with two or three drops of cochineal Time to beat the snow, half an hour

**Lemon, Solid** — Rub the rind of a large, fresh lemon with 4 ozs of sugar, crush the lumps, and put them into a saucepan with  $\frac{1}{2}$  oz of gelatine and half a pint of cream. Heat gently until the gelatine is dissolved, then a wineglassful of brandy. Stir the mixture for three or four minutes, add another half-pint of cream and strain it through a thick fold of muslin, and when cold add the juice of half a lemon. Pour it into a mould that has been soaked in cold water, and put it aside till set. If there is any difficulty in turning it out, loosen the edges with a knife, and dip the mould for an instant in hot water. Time, half an hour to prepare.

**Lemon Sponge** — Put 1 oz of gelatine into a pint of water, add the rind and juice of two lemons and  $\frac{1}{2}$  lb of loaf sugar, and simmer gently for half an hour. Strain into a bowl and when the mixture is cold and beginning to set, which may be known by its becoming thick stir in the whites of two eggs beaten to a firm froth, and whisk it briskly until it is of the consistency of sponge. Pour it into a damp mould and turn it out before serving. A few drops of cochineal may be put in with the eggs, if liked to give a pink appearance. Time half an hour to whisk the sponge.

**Lemonade (for invalids)** — Squeeze the juice out of a fine lemon. Strain it, put it with a quarter of the rind and three or four lumps of loaf sugar into a jug and pour over it a pint of boiling water. Cover closely and let the lemonade stand for two hours. At the end of that time strain and it will be ready for use. Lemonade for invalids should be made with boiling water as the unhealthy properties of the lemon are thus destroyed. A small quantity only of sugar should be put in unless a desire to the contrary is expressed as the acidity will most likely be agreeable.

**Oranges** — Slice thin three oranges, cutting each slice in four pieces. Put a layer, with very little powdered sugar, cover with cracked ice and so on. Arrange on the top a few maraschino cherries, pouring over a gill of best brandy, and serve with little cakes.

**Orange Calf's-foot Jelly.** — Take one pint of calf's-foot stock, carefully freed from fat and sediment, mix with it half a pint of strained orange-juice, the juice of two lemons, the whites and crushed shells of three eggs, the thin rinds of two oranges and one lemon, a dessert-spoonful of gelatine, and 4 ozs of sugar in lumps stir these gently over the fire until they are well mixed, but as soon as the liquid begins to heat leave off stirring and let the scum rise undisturbed. Let the jelly simmer fifteen minutes after it has reached the boiling-point, then draw it to the side of the fire and let it stand to settle fifteen minutes longer, lift the head of scum off carefully, and pour the jelly through a tamis until it is quite clear. Take a damp mould pour in a little of the jelly to the depth of half an inch and let it stand in a cool place until it is stiff, arrange the quarters of an orange on this in the form of a star, first freeing them entirely from the thick, white skin, pour the rest of the jelly on them, and set the mould in a cool place. Turn it out carefully before serving.

**Oranges, Compote of** — Pare the rind very thinly off three or four large sound oranges. Cut the fruit across into halves removing the white skin and pips and pile the oranges in a glass dish. Boil the rind with half a pint of water and  $\frac{1}{4}$  lb of sugar until the syrup is clear mix a table-spoonful of brandy with it and strain it over the fruit. When cold it is ready to serve. A table-spoonful of arrow-root may be mixed with the syrup to thicken it, and two or three drops of cochineal may be put in by way of coloring. Time

five or ten minutes to boil the syrup

**Orange Float** — Squeeze the juice of two lemons into a quart of cold water, add a cupful of sugar and four table-spoonfuls of corn starch, boiled until thick. Peel and slice half a dozen oranges, pour the mixture over. Spread the top with meringue, and set on ice until very cold.

**Oranges Filled with Jelly** — When a large variety of dishes is required orange-skins are sometimes emptied entirely of the fruit, cut out in the shape of baskets, and filled with bright, clear jelly of different colors. They look pretty, very great care and a sharp knife however are required to make them. The handle of the basket should be cut across the stalk end of the fruit, and should be fully half an inch wide. The basket part should take up half of the orange. The best way to make these baskets is to mark out their shape first without piercing the fruit, then take away the quarters of the rind which will not be required, and pass the flat part of a teaspoon carefully under the handle to separate it from the fruit, which must then be pressed out through the empty spaces. The jelly should be nearly cold before it is put into the skins.

**Orange-fool** — Strain the juice of three oranges into a bowl with three well-beaten eggs. Mix them thoroughly, grate half a small nutmeg over them, and add a pint of thick cream, flavored and sweetened with sugar, which has been rubbed upon lemon rind. Put the mixture into a crock, place it in a pan of boiling water, and stir it over the fire until it begins to thicken. Serve it in a glass dish, with a little sifted sugar strewn over it. Time, a quarter of an hour to thicken the mixture.

**Oranges, Iced** — These make a very ornamental dish and can be used to decorate other dishes. About

eight fine sweet oranges should be peeled and quartered, and a soft icing made of 2 lbs of powdered sugar and the whites of two eggs. Each section should be thoroughly dipped until covered with icing and then strung on a thread and suspended in the oven to dry. Care must be taken not to have enough heat to brown them, and if not thoroughly covered they should be redipped, they will pay for the trouble.

**Oranges, Jellied** — Dissolve half a box of gelatine. Take ten oranges and cut from the top of each a round piece large enough to admit a spoon and remove the pulp with a knife or spoon. Take care not to break the peel. Keep the shells in cold water until they are required. Mince the pulp removing the seeds and stringy portions. Add two small cupfuls of sugar to the soaked gelatine, the juice of one lemon and one pint of boiling water. When the sugar and gelatine are entirely dissolved turn the mixture over the orange-juice and pulp (a little wine may be added if desired) and when it becomes cold and will just pour fill the orange-shells with it and place them in a flat pan and pack ice around them.

**Orange and Lemon-juice for Colds (invalid cookery)** — Orange or lemon-juice, strained and boiled, with an equal weight of loaf sugar, and then bottled and corked closely, will prove an agreeable and valuable addition to gruel and other warm drinks which are required for invalids. Time fifteen minutes to boil. Sufficient a dessert-spoonful of lemon-juice to half a pint of gruel.

**Orange Paste.** — Pare the yellow rind from the oranges, and be careful not to take with it the white, thin skin which covers the fruit. Throw the rinds into boiling water, and let them keep boiling until they are quite tender then place them upon an inverted sieve, and, as soon as the water has run from them, pound

them in a mortar with as much powdered sugar as they will take. Roll the paste out to the thickness of a quarter of an inch, stamp it into shapes with an ordinary pastry-cutter, and put these upon buttered paper in a very slow oven. When they are dry on one side turn them to the other. Put them in a tin box between sheets of writing-paper, and store in a warm place. Time, about two hours to boil the rind.

**Orange Snow-balls** — Throw  $\frac{1}{2}$  lb of rice loose into a saucepan of boiling water, and boil it quickly for five minutes. Peel four sweet oranges and carefully remove the thick, white skin without injuring the fruit. Drain the rice, and when it is cool spread it out in four equal parts on four small pudding-cloths. Place one of the pared oranges on each of these, gather the cloth carefully round it, and tie it securely. Plunge the dumplings into boiling water, and let them remain on the fire until done enough. Turn them out carefully, sprinkle powdered sugar over them, and send orange-sauce to table with them. Time to boil, one hour and a half.

**Orange Sponge**. — The juice of six large oranges, one scant pint of cold water, four eggs, one cupful of sugar, and half a package of gelatine. Soak the gelatine in half a cupful of the cold water. Squeeze the oranges and strain the juice on the sugar. Add the remainder of the water to the beaten eggs and cook these with the sugar and orange-juice in the double boiler until it begins to thicken. Add the gelatine strain into a tin basin which place in a pan of ice-water. Stir this mixture occasionally, and when cool add the unbeaten whites of the eggs. Now beat the whole continuously until it begins to thicken, and when barely thick enough to pour turn it into moulds and set on the ice to harden. Serve with powdered sugar and cream.

**Oranges in Syrup** — Peel four or five large oranges, and remove all the white pith without injuring in the slightest degree the thin, transparent skin which covers the fruit. Boil  $\frac{1}{2}$  lb of loaf sugar in a quarter of a pint of water to a clear syrup, add a wine-glassful of maraschino or any other liqueur or spirit that may be preferred, and pour the hot liquid over the oranges. Let them remain for three or four hours, then turn them over, boil the syrup up once more and pour it again upon the oranges. Serve in a compote dish and garnish with sprigs of myrtle. The quantity of sugar used for the syrup must depend upon the season, and if it is early in the winter, and the oranges are sour, a larger proportion of sugar should be used, and besides this the oranges should be boiled in the syrup for a few minutes. Time, ten minutes to boil the syrup.

**Oranges, Moulded** — This dish though very pretty, is rather difficult to prepare. Peel three or four large oranges being careful not to break the thin inner skin. Oil a small plain mould thoroughly. Boil  $\frac{1}{4}$  lb of loaf sugar in three table-spoonfuls of water to crackling height, dip the edges of the orange sections into this, arrange them in layers round the sides only of the mould, and fasten them together with the sugar. When they are firm, turn them on a dish, and fill the centre with whipped cream. Time ten or twelve minutes to boil the sugar.

**Peaches, Baked** — Pare and halve a few good firm peaches. Remove the stones and place each half-peach on a round piece of buttered toast. Fill the cavity made by the stone with a generous piece of butter, and cover the peach with powdered sugar. Now sprinkle the sugar with lemon-juice and a little nutmeg and put in the oven on an earthenware dish for twenty minutes. Serve hot with cream. Apples may be treated in the same manner.









ment to this dish. Time to stew the pears from two and a half to three hour

**Pears Stewed in Butter** — Take half a dozen large baking pears, pare and core without breaking them, and fill the cavity in each with a clove crushed to powder a little nut sugar, and a small lump of butter. Put them into a scapin with the stalk ends uppermost and pour over them 3 ozs of clarified butter cover the scapin closely and let them stew gently until they are quite soft without being broken then lift them out carefully fill the hollow with red-currant jelly and arrange the pear on a dish with the narrow parts meeting in the centre. Pile half a dozen macaroons which have been soaked in cherry in the centre of the fruit pour the syrup round it, and serve. Time to stew the pear, about one hour

**Pineapple (to cut for serving)** — Pare a pineapple so that the fruit shall be wasted as little as possible and in order to do this notch it in and out and carefully remove all the specks and eyes. Pickle the fruit from the core with a silver fork in pieces as large as a bean and place the dish which contains it on ice until it is wanted. Sugar may be stewed over the fruit or not. It draws out the juice which is not always desired

**Pineapple (served whole)** — Where the pineapple is very fine and ripe it may be brought to the table whole it is a pretty dish and can be served by digging out the eyes one or two at a time with a cheese-scoop or pointed spoon. The sections will be found to run clear to the centre and will split as readily as those of an orange. This method of serving pineapple is that always used in England for the fine hot-house fruit, which usually costs from four to six dollars. Pineapple thus served is eaten by holding it in the hand and

dipping the pieces in sugar, in the manner familiar to us for straw berries

**Pineapple, Compote of** — Peel a pineapple, and put all the specks or eyes from it, cut it into slices half an inch thick. Keep one of the largest of the whole and divide the rest into halves. Make some syrup by boiling 5 ozs of lump sugar in half a pint of water for ten minutes put in the slices of fruit, and let them boil for five minutes. Leave them in the syrup until they are quite cold, drain them put the whole dish in the centre of a compote-dish and arrange the half slices in a circle round it pour the syrup over, and serve. Time to boil the syrup ten minutes with the fruit five minutes

**Pineapple Glacé (for dessert)** — Take some slices of pineapple and boil them in syrup as if for a compote. Let them remain in the syrup until cold then drain them entirely from it, put a larder half-way through each slice and place them in a hot screen to dry. Prepare some sugar as follows. Dissolve 1 lb of sugar in a pint of water put it over a quick fire skim carefully and boil it until it has reached the third or feathered degree. When it is almost done stir it lightly for a minute or two, and press the side of the pan with the spoon. In order to ascertain when the sugar has reached the proper stage dip in the slimmer shake it, and give it a sudden toss. If done enough the sugar will fly off like snow flakes. When the precise point is reached (a few seconds will make a difference) put it in the slices of pineapple by means of the skewers cover them entirely with the sugar, and then place them on a wire fruit-drainer. In about ten minutes, if the operation has been successful, it ought to be possible to draw away the fruit without disturbing the sugar by pressing it with the fingers from beneath. Time to dry the fruit, about an hour

**Plums, Compote of** — Boil half a pint of water with from 6 to 10 ozs of loaf sugar for ten minutes. Put in 1 lb of plums and let them simmer until they are tender without being broken. Lift them out, place them on a compote dish, and pour the syrup over them. The amount of sugar used, and the length of time the fruit is boiled, must be regulated by the quality of the plums.

**Plums, Dried, Stewed (for dessert)** — Put them into a saucepan with the water in which they were soaked and let them simmer gently for an hour. Lift out the fruit, strain the liquid, and make a syrup of it by boiling with it 4 ozs of loaf sugar. When it is quite clear, put in the plums, the rind and juice of half a lemon and a glass of port. Stew gently for an hour and a half. When the preparation is cold, put the plums into a glass dish, pour the syrup over them and serve. Time, two hours and a half.

**Plum Loaf, Plain** — Put 2 lbs of best flour into a bowl, and mix with it half a teaspoonful of salt,  $\frac{1}{2}$  lb of picked and dried currants, 4 ozs of moist sugar, and half a nutmeg grated. Dissolve  $\frac{1}{2}$  oz of yeast very gradually in three-quarters of a pint of lukewarm milk, in which has been dissolved 4 ozs of butter or good beef dripping. Stir this into the flour and knead it to a smooth dough. Put a cover over the bowl, and set it to rise for about an hour. Make it up into a loaf, put it into a buttered tin, and bake in a moderate oven. If preferred a table-spoonful of solid brewer's yeast or two dessert-spoonfuls of baking-powder may be used instead of the yeast. In order to ascertain whether the loaf is sufficiently baked, put a skewer into it, if it comes out clean and dry, the cake is done. It is perhaps a better plan to knead in the sugar, currants, and spice after the dough has risen.

**Plum Lozenges (for dessert)** — Put 1 lb of ripe and sound plums into

a jar, and place them in a saucepan of boiling water over the fire until they are so soft that the stones can be removed. While this is being done soften in the same way  $\frac{1}{2}$  lb of cored and sliced apples. Turn both plums and apples into a preserving-pan. Put with them the juice of half a lemon and  $\frac{3}{4}$  lb of sugar and boil quickly for three-quarters of an hour. Stir well, to keep the fruit from burning. Pour the paste upon shallow dishes and when it is cold cut it into lozenges and dry these on a sieve before the fire.

**Plum Vol-au-vent** — Boil 6 ozs of loaf sugar in half a pint of water for ten minutes. Take off the stalks from 1 lb of plums, wash and drain them and then put them into the syrup. Let them boil up once, then draw the saucepan to the side and simmer them very gently for about three minutes or until they are quite tender without being broken. Lift the plums out carefully, boil the syrup until it is considerably reduced and very thick, strain it, and when cold pour it over the fruit. Plums prepared in this way may be used for large and small vol-au-vents. The fruit should not be put into the pastry until the moment before it is to be served.

**Prunes and Prunelloes** — Prunes and prunelloes are a sort of dried plums of which there are many varieties. The finest prunes come from France and California. Prunes, when stewed form an excellent article of diet for convalescents or persons in delicate health, as they act as gentle laxatives.

**Prunes, Stewed (for dessert)** — Wash the prunes, and let them soak all night in as much water as will cover them. Lift them out and let the liquid stand a little while then drain it from the sediment, and put it into a stewpan with a small quantity of sugar, if desired and a little lemon-rind and cinnamon for flavoring.

Stew gently for half an hour. If desired, add wine—port is the most suitable for the purpose—and stew twenty minute longer, erve cold in a glass dish.

**Prune Whip** — One pound of prunes, the whites of four eggs, two-thirds of a cup of sugar, one-half pint of cream, and the juice of half a lemon. Soak and wash the prunes, stew till soft, and add sugar while cooling; when done, take from the fire let them get cold and remove the pits. Whip the white of the egg to a stiff froth, add the prunes and lemon-juice beat all together for fifteen minutes, put into a pudding-dish and bake for twenty minutes in a moderate oven till a light brown. When cold serve with the cream and a little sugar, whipped light.

**Quinces, Baked** — Wash and core ripe quinces, fill with sugar, and bake in a baking-dish with a little water. Serve hot or cold with cream and sugar.

**Quince Juice** — Pare core and quarter some very ripe quinces. Put them into an earthen jar with a pint of cold water for each pound of fruit. Cover the jar closely place it in a saucepan of water and let the fruit steam gently until it is broken. Then lift the jar out of the water, remove the cover and leave the fruit untouched until the next day. Turn it into a jelly-bag and strain the juice until it is clear and bright when it will be ready for use. If the quinces are allowed to boil too long their color will be spoiled.

**Raspberry Biscuits** — Pick and weigh some fine ripe raspberries put them in an earthen jar set this in a pan of boiling water, and keep it boiling until the juice flows freely. Pass juice and pulp through a sieve, mix with it the weight of the fruit—before it was put into the oven—in pounded sugar and boil briskly beating it well all the time until it

forms a dry paste and be very careful that it does not burn. Put it into small moulds about half an inch thick, dry these in a hot screen or a cool oven for twenty four hours or more and store for use. Raspberries biscuit are used for dessert. Time, about three hours.

**Raspberries, Compote of**—Pick a pint of freshly gathered and perfectly sound raspberries, or if preferred, take half a pint of raspberries and half a pint of red currants. Boil 5 ozs of loaf sugar in a quarter of a pint of water for ten minutes put in the picked fruit and let it simmer gently for six minutes. Lift the raspberries out carefully and put them into a glass dish. Let the syrup boil a minute longer and when it is cold pour it over the fruit. Serve as an accompaniment to simple milk puddings of various kinds. Time twenty minutes.

**Raspberries, Iced (for dessert)** — Beat the white of an egg and stir in with it two table-spoonfuls of cold water. Dip the raspberries one by one in the liquor drain them and roll them in finely powdered and sifted sugar. Lay them on paper to dry, and arrange them with other fruits in a dessert dish. Time to dry, six or eight hours.

**Raspberry Flummery** — One quart of red raspberries one small cupful of pearl tapioca half a cupful of sugar two cupfuls of cold water, two cupfuls of boiling water. Soak the tapioca several hours in the cold water then put it on the fire with the boiling water and stir until clear. Add the sugar, and when the tapioca is lukewarm, stir in the berries. Eat when ice-cold with cream and sugar.

**Raspberry Meringue** — Line a pie-plate with good, light pastry and bake in a quick oven. While still warm spread thickly with red raspberries. Make a meringue of the whites of four eggs beaten stiff with

a half-cupful of powdered sugar and when it is a froth stir lightly through it a half-pint of raspberries. Heap the meringue on top of the berries in the pie-plate, and brown very delicately in the oven. Eat as soon as it is cool.

**Raspberries, Prepared (for dessert)** —An hour before it is to be used take up the fruit, examine it, and carefully remove every hull and every imperfect or decayed portion. Have ready a bowl of cold water. Take a small handful of raspberries at a time, and pass them quickly through the water without allowing them to remain in it for a second. Put them into the dish in which they are to be served, and sprinkle powdered white sugar plentifully over them. This process will freshen the fruit, and not do it any harm. Care should be taken not to touch the fruit after it has been picked until within an hour before it is to be served.

**Strawberries and Cream.** —Pick the strawberries and remove every imperfect and unsound berry. Do not wash them unless it is absolutely necessary. If, however, they are dusty or not quite fresh they may be cleansed and freshened by taking them in handfuls and passing them quickly through a basin of cold water. They should not be allowed to remain in it one instant. If the strawberries have been gathered in rainy weather it is very desirable that this cleansing process should be performed. Strawberries are very delicious served with thick cream and finely powdered sugar. These accompaniments should be sent to table separately, as the sugar, if put upon them even for a short time, will draw out their juice and change their color.

**Strawberries, Compote of** —Take a pint of strawberries. Pick them, and put them into a bowl. Pour over them a little clear syrup which has been made by boiling a quarter of a pint of water with 5 ozs. of sugar for

ten minutes. Cover the bowl containing them with a plate and let them stand for an hour or more. Drain off the syrup, boil it for a few minutes, skim it and strain it over the strawberries piled in the centre of a compote-dish. The flavor of this dish will be greatly improved if a wineglassful of red-currant juice is added to the syrup. When it is at hand, a glass of maraschino may also be added with advantage. For a superlative dish the syrup after being flavored with maraschino or larschenwasser, may be set in ice till it is almost frozen, and in this condition poured over the fruit. Time to soak the strawberries one hour.

**Strawberries, Conserves of** —Sprinkle the strawberries with sugar, when freshly gathered in the proportion of  $\frac{1}{2}$  lb. of sugar to one of fruit, let them stand four hours. Pour off the syrup and put it on the fire in a preserving-kettle drop in the fruit as soon as it comes to a boil and let it become well scalded take out with a split spoon spread the berries on dishes in the sun to dry cover with a thin muslin to protect them against insects bring them in at nightfall turn them and repeat the process two days more until they are dry enough. Pack them in glass jars interspersing each layer of fruit with a sprinkling of granulated sugar.

**Strawberry Foam** —Sprinkle a pint of capped strawberries with sugar, and set them aside in this for an hour when the juice will be found to run freely. Press the berries in a sieve and extract all the juice. Have ready  $\frac{1}{2}$  oz. of gelatine soaked in cold water for half an hour add to this three table-spoonfuls of sugar, and heat to the boiling-point. When the gelatine is thoroughly dissolved, stir in the strawberry-juice and the juice of one lemon strain and when it is cool and begins to thicken beat into it a half-pint of whipped cream. Set on the ice until thoroughly chilled.

**Strawberry Floating Island** — Make a custard of a quart of milk, the yolks of four eggs, and a cupful of sugar. Cook until smooth, and when it is cool flavor it with lemon-juice. Beat the whites of the eggs stiff with three table-spoonfuls of powdered sugar, and into this whip the sweetened juice from a pint of crushed strawberries. Serve the custard when ice-cold in a glass dish with spoonfuls of the strawberry meringue floating on top. The meringue should not be made until just before it is to be eaten.

**Strawberry Glacés** — Take a sponge cake two or three days old and cut it into squares, rounds, and diamonds. Boil 1 lb of sugar with a pint of water to a clear syrup. Boil and skim this, and keep trying whether it is done enough by dropping a small portion of it at a time into a basin of cold water placed by the side of the stove for the purpose. If the sugar snaps when dropped into the water and then remains hard, it is ready for the strawberry-juice, which should be added. Take the syrup from the fire, let it cool and beat it with a wooden spoon till it is quite smooth. Stick the pieces of sponge biscuit one by one on the point of a skewer, dip them into the icing and place them on a sieve to drain. When all are done put them in a cool oven for a minute or two to dry. Let them cool and they will be ready for use.

**Strawberries in Jelly** — Half a cupful of gelatine, one and one-half cupfuls of sugar, one lemon, one cupful of cold water, two cupfuls of boiling water, one pint of capped strawberries. Make a lemon-jelly and when it begins to form, arrange the berries in regular order in the bottom of a mould wet with cold water. Pour the jelly upon them, and put all on the ice until the jelly is cold and hard. Turn out on a platter and garnish with whipped cream.

**Strawberry Meringue**. — Cover the bottom of a baking-dish with slices of stale cake dipped in milk. Stem a quart of strawberries and put over, sprinkle freely with sugar and set in the stove until a syrup is formed. Take out and spread with meringue made of the beaten whites of three eggs and three table-spoonfuls of powdered sugar. Set back in the oven one minute. Serve very cold with whipped cream.

**Strawberries and Rice** — Have some rice boiled dry so that each kernel stands apart, keep ready to serve hot. Make a rich hard sauce, and beat into it all the strawberries that you can get in. The dessert can be served in two ways—with the rice in the centre and the sauce round it, or the rice in a dish by itself and the sauce in another one. It is just a matter of taste. The result is the same. It can be made with preserved strawberries, and is very good.

**Strawberry Short Cake**. — One cupful of sugar, one table-spoonful of butter, one heaping cupful of flour, quarter of a cupful of milk, three eggs, the whites and yolks beaten separately, one full teaspoonful of baking-powder, one quart of strawberries. Rub butter and sugar together, add yolks, milk, flour, whites, and baking-powder. Bake in three jelly-cake tins and when cold place the berries between the layers, sprinkling them with sugar. Heap whipped cream on top of the cake.

**Strawberry Sponge**. — Soak half a box of gelatine in a small cup of cold water for half an hour. Stir in the juice and rind of one lemon and a cupful and a half of sugar, and let it stand an hour longer. Pour on this two cupfuls of boiling water, stir until dissolved, strain, and set aside to cool. When it begins to harden whip the whites of three eggs stiff and beat into it the jelly a little at a time until you have a smooth sponge. Stir in then half a pint of fresh, firm

strawberries, turn all into a mould, and set on the ice for a couple of hours Eat with sweet cream

**Strawberry Sponge.**—Cover half a box of gelatine with half a cupful of cold water, and let soak for thirty minutes, add a pint of boiling water and a cupful of sugar, stir until dissolved, and pour in a pint of strawberry-juice, set on ice until thick Beat until stiff, add the frothed whites of four eggs, and mix until smooth, pour in a mould and set to harden Serve with whipped cream

**Strawberry Tapioca.**—Wash a cupful of tapioca and put to soak in cold water overnight. In the morning pour over a pint of boiling water, and set on the back of the stove to simmer gently until the tapioca is perfectly clear Stem a quart of strawberries and stir into the boiling tapioca with a pint of sugar Take from the fire, turn into a glass dish, and set on ice Serve very cold with sugar and cream

**Strawberries with Whipped Cream**  
—Put a layer of hulled berries in a deep dish, sprinkle with powdered

sugar, and cover with whipped cream Arrange another layer of the berries, and continue with alternate strata of sugar, berries, and cream until the dish is full, heaping the cream on top This should be done just before the dish is to be eaten, and berries, cream, and bowl should all be thoroughly chilled

Fruit Bouillon	See Beverages
Cake (Black)	See Cakes
(Leavened)	
Wafers	
Crystallized	See Candy
Cream	See Creams
Fritters	See Fritters
in Brandy	See Pickles
Pickled	
Spiced	
Pasties or Turnovers	See Pies
Pies	
Tarts	
Jellies	See Preserves
Mélange	
Pudding	Boiled See Puddings
	Steamed.
Sauces	
Salad	See Salads
Canapés	See Sandwiches
Soufflé	See Soufflés
Soups or Bouillons	See Soups

Frying

See the Preface

Fudge.

See Candy





simmer gently for twenty minutes. Allow a table-spoonful of curry powder, a dessert-spoonful of the pounded kernel of a cocornut, a dessert spoonful of the pulp of an acid apple, and a quarter of a pint of good gravy to every pound of meat. Simmer a quarter of an hour longer. Serve with rice around the dish.

**Game, To Devil** — Some hours before this dish is wanted the flesh should be rather deeply scored and covered with a powder made of equal parts of salt, cayenne and curry powder with the addition if liked, of mushroom or truffle powder, butter, and mustard. Broil over a hot clear fire, until brightly browned and hot, but not burned. Devilled game is oftener than not eaten dry, as a relish with wine. When sauce is wanted it may be made by putting a breakfast-cupful of thick brown gravy into a saucepan, with a teaspoonful of mixed mustard, a shallot finely minced, a spoonful of catsup, the juice and finely grated rind of a lemon, a teaspoonful of salt, a quarter of a teaspoonful of cayenne, and a teaspoonful of bruised capers. Simmer for ten or fifteen minutes and serve in a tureen. The devilled game will be all the better if the meat has been under-dressed. Time, a few minutes to broil the bones.

**Game Pâté (a Creole recipe)** — Line a tin pan with pastry, spread thin slices of fat bacon on the bottom and sides. Make a force-meat of three table-spoonfuls of lean, boiled ham minced, the livers of six partridges, the yolks of two hard-boiled eggs, one shallot, a teaspoonful of mixed ground spices, and a bunch of dried sweet herbs, all pounded together, spread over the bacon. Cut the partridges in halves, place an oyster in each, arrange in the pan, fill the spaces with the force-meat, cover with an upper crust, make a hole in the centre, and set in the oven. Bake slowly for four hours. When done, pour over brown sauce.

**Game Patties** — Make a nicely flavored mince of the remains of game. Moisten with a little gravy. Make some small, round patties of good light crust, or puff paste, brush them over with beaten egg, and bake them till lightly browned. Warm the mince in a saucepan, put a little in the centre of each patty, and serve them hot, piled on a napkin. Time, ten minutes to bake.

**Game and Macaroni Pie.** — Put  $\frac{1}{4}$  lb of macaroni into a saucepan of boiling stock and let it simmer till it is tender but unbroken. Drain, and lay it at the bottom of a deep dish, and on it place a layer of game (either partridges, pheasants, or grouse), cut into neat joints and stew until they are three parts cooked. A few slices of raw, lean ham should be put among the game, together with a few chopped mushrooms. Season with pepper and salt. Place a layer of macaroni on the top, grate over it a little Parmesan cheese, and put little lumps of butter here and there. Pour some good gravy, mixed with cream or new milk, over the whole, cover with a good crust and bake in a moderate oven. Before serving, add a little more boiling gravy, and milk if required. Time to bake, about one hour.

**Game, Pies of** — May be made of game either cut into joints or, if the birds are small, put in whole. The seasoning should be rather high, and frequently a beefsteak is put at the bottom of the dish. Game pies are often too much cooked and thus the flavor is spoiled. A little good melted butter, mixed with claret, and a soupçon of lemon-juice may be poured over the game when it is to be eaten hot. Stewed macaroni is sometimes substituted for the beefsteak in game pies. Time, according to the size.

**Game, Purée of** — Have skinned and cleaned two fat wild rabbits, wipe them with a clean, wet towel,

**Duck, Canvasback** — After picking and singeing draw carefully. Do not wash either inside or outside but wipe with a cloth, truss and sprinkle salt and pepper inside. Put a little water in the pan and place in a very hot oven, and baste frequently. Eighteen or twenty minutes is the usual limit for the roasting. Serve with currant jelly. Garnish with sliced lemon.

**Duck, Redhead**, resembles the canvasback in flavor and is to be cooked the same way.

**Duck, Roast Wild** (an old Virginia recipe) — Plunge the livers of a pair of wild ducks with a table-spoonful of scraped bacon, mix with 1 oz of butter a slice of onion chopped fine, a little salt and cayenne fill the bodies of the ducks with the mixture, lay them in a baking-pan, cover with thin slices of fat bacon wrap in letter-paper and set in a hot oven. When the ducks are brown take up garnish with slices of orange and pour over sauce made by adding the juice of an orange two minced shallots with a teaspoonful of butter a pinch of cayenne, and a little salt to the gravy in the pan.

**Duck, Wild** — Should be cooked rare with or without stuffing. Pick, singe, draw carefully and wipe with a cloth. If fishy, they are unpalatable, but if there is only a suspicion of a fishy taste, a peeled carrot or an onion placed inside will absorb the unpleasant taste. Put in a very hot oven with a little water in the pan, and baste frequently with the same. When nearly done baste with butter and a very little flour to brown them. Time, eighteen to twenty minutes to bake. The giblets are used to make the gravy. Serve very hot, with currant jelly.

**Grouse a l'Anglaise** — Cut a pair of grouse into neat joints, put a layer in the bottom of a baking-dish, cover with chopped mushrooms and bits

of butter, lay over more of the joints, spread the top with mushrooms, grated crackers, and bits of butter, dredge with salt and pepper. Set the dish in a pan of water, cover the top, and set in the oven to cook one hour.

**Grouse, Mayonnaise of** — Put a teaspoonful of mayonnaise in the bottom of some little cases, and fill them with minced cold roast grouse, shredded lettuce, chopped hard-boiled egg and stoned olives. Heap up cover with thick mayonnaise, and smooth with a knife. Garnish with sprigs of parsley and tiny red peppers. Serve very cold.

**Grouse, Ragout of** — Cut the flesh of a cold roast grouse into pieces with a slice of cold boiled ham and  $\frac{1}{4}$  lb of cold boiled tongue, put in a saucepan with a pint of rich stock and let heat, add half a dozen stoned olives a dash of cayenne, and salt. Have ready little cases of fried bread (or paper, if preferred), fill with the mixture. Arrange on a dish, and serve with tomato sauce.

**Grouse, Salmi of** (an English recipe) — Cut the meat from a pair of roasted grouse in neat filets, remove the skin and gristle. Fry a slice of lean ham in a table-spoonful of butter, with a small sliced carrot a piece of onion a bay-leaf, a sprig of thyme and parsley each, six whole cloves, a bit of mace, and four allspice. When the meat is brown add a spoonful of brown sauce, a gill of veal stock and a squeeze of lemon-juice with the bones and scraps of the birds. Let simmer half an hour, take up strain, return to the saucepan with the grouse filets, and set over the fire to heat. Serve with fried croûtons.

**Partridges, Broiled** — Prepare the partridges as if for roasting, cut off their heads, split them entirely up the back, and flatten the breastbones. Wipe them thoroughly inside and out

lift up the fillets, remove all the thin skin and sinews. Draw and clean two large partridges, remove all the breasts, lift up the skin, and remove the small sinews. Put the fillets aside for future use. Cut in pieces all the carcasses and put them in a soup-kettle with one veal knuckle and five quarts of beef broth. Put over a brisk fire, and watch till it begins to boil, so as to skim thoroughly. Season with one table-spoonful of salt, one-half teaspoonful of black pepper, two white onions, three medium-sized carrots, a bouquet of two leeks, one small bay-leaf, and a very small branch of thyme. Let it boil slowly for one and one half hours starting from the last seasoning. Leave the cover of the kettle ajar. Strain through a colander into a large bowl. Let it cool for one hour, then skim all the fat from the surface, take out the broth with a dipper and strain it a second time through a clean napkin previously wet in cold water. Leave at the bottom of the bowl a couple of spoonfuls of the broth to avoid the dregs. Put in a saucepan two table-spoonfuls of butter and two of flour cook and stir for four minutes. Pour over this the broth with the dipper not fast and stirring constantly. Let it simmer twenty minutes put beside the fire, and pour in it slowly while stirring half a pint of good cream. Do not boil after this is in. Prepare the fillets of partridges and rabbits to serve them with the soup as follows. Cover the bottom of a roasting-pan with slices of larding-pork cut as thin as paper. Season each one of the fillets with one salt-spoonful of salt and a half one of pepper. Lay the fillets side by side over the pork, and cover them with a laver of pork. Pour in the pan four table-spoonfuls of the game broth. Bake in a hot oven fifteen minutes. Baste twice during the cooking. Remove all the fillets on a hot platter, and with a sharp knife cut the rabbit fillets in small disks the size of a pea and the partridge in thin, square

slices half an inch wide. Pour the puree in the soup-tureen, add the minced fillets to it, and serve very hot.

**Game, Rissoles of.**—Take the remains of cold game, remove the skin and gristle, and pound the meat in a mortar with one dessert-spoonful of salt, a teaspoonful of pepper, the quarter of a small nutmeg, grated  $\frac{1}{2}$  lb of bread-crumbs soaked in milk and drained three table-spoonfuls of finely chopped mushrooms, a piece of butter and the yolk of an egg to every pound of meat. Enclose in pastry or, if preferred, make into balls, sift flour over them and dip them in beaten egg and bread-crumbs. Fry them in hot butter or lard till highly browned drain on a little blotting-paper, and serve piled high on a napkin. Garnish with parsley and send brown sauce to table with them. Time, ten minutes to fry.

**Game, Salmi of.**—A salmi differs from a hash in this, that it is made of game which has been only partially dressed while a hash consists of game which has been properly cooked and become cold. Carve the meat into neat joints, rejecting the skin and gristle. Put  $\frac{1}{4}$  lb of raw, lean ham finely minced into a saucepan with a little butter, a sprig of parsley two or three shallots a teaspoonful of pepper, a blade of mace, and a little salt and cayenne. Let these ingredients stew gently for a few minutes then mix in smoothly a table-spoonful of flour. Let it brown, and add a breakfast-cupful of good stock and a glass of claret. Let the mixture boil. Put in the bones and trimmings and simmer over a moderate fire for an hour or more. A small carrot a bunch of savory herbs and a bay-leaf may be simmered with the rest. Skim carefully, strain and, when ready to serve put the joints in with the gravy, and heat all slowly but it must not boil. Garnish the dish with toasted sippets. A salmi should be highly seasoned.



with a damp cloth, season with salt and pepper, and broil over a gentle fire. As soon as they are done enough rub them quickly over with butter, and send them to table on a hot dish with brown gravy or mushroom sauce in a tureen. Time, fifteen minutes to broil the partridges.

**Partridge Cutlets** — Take half a dozen plump birds split down the back, and take out the breastbone, cut off the wings, divide each bird in two, trim off the edges and shape like a cutlet. Season with salt and pepper, drop in a frying-pan of hot butter for two minutes, take up, put in a baking-pan, and set in a hot oven for six or eight minutes. Let cool, dip each cutlet in melted aspic-jelly, and set on ice. Roll first in grated cracker and dip in beaten egg, then in the cracker again, fry in butter until brown and crisp. Take up on a heated dish and serve with brown sauce and currant-jelly. Wild pigeons, grouse and other birds may be served in this style.

**Partridge, Fricassee of.**—Cut four partridges in two put 1 oz of butter in a frying-pan set over the fire when hot, put in the birds and let fry brown, add a cupful of boiling water season with pepper and salt and let simmer for twenty minutes, squeeze in the juice of half a lemon. Take the pieces up on a heated dish thicken the gravy with a little brown flour and pour over.

**Partridges, Stewed** (a Creole recipe)—Stuff the birds with delicately seasoned force-meat, and lard the breasts with small strips of fat bacon, dust with salt and pepper. Put two slices of lean raw ham in the bottom of a saucepan with a sliced carrot, a chopped onion a bunch of sweet herbs and a pint of stock lay the birds on top and set over a moderate fire to stew gently for an hour then take up strain the gravy and rub the vegetables through a sieve return to the saucepan, and set over

the fire for ten minutes, crisp the lardons with a salamander, take up the birds on a heated dish, pour the gravy over and garnish with small croûtons of fried bread.

**Partridge or Pheasant, Soufflé of.**—Clean and cook two birds, take off the breasts and other good parts of the flesh, without skin or gristle. Take 3 ozs of boiled rice and mix in a mortar with a table-spoonful of butter two of glaze, melted and a little salt and pepper. Pound all together until a smooth mixture, add the beaten yolks of four eggs and the whites of two. Pour the mixture into a soufflé-case set in a very hot oven to bake until light and serve immediately with brown sauce.

**Pheasant à la Tartare, Grilled.**—Pick and singe a pair of pheasants, split down the back through the bone, and remove the trail, wipe out with a damp towel, take off the heads and feet, rub the inside well with pepper, salt, finely minced cloves and parsley, flatten the breasts brush over with melted butter, and cook for half an hour before a hot fire, basting several times with butter. Serve with sauce tartare.

**Pigeons en Matelote.**—Put some butter and flour into a stewpan and simmer until they turn brown. Cook in the butter the pigeons cut in pieces, with a few thin slices of bacon. Pour over them some beef broth and white wine, and add some chives parsley thyme, mushrooms and onions fried in butter as well as salt pepper and spice. Boil down over a good fire.

**Pigeons, Vol-au-vent of.**—Roll out a piece of puff paste to the shape and size of the dish in which it is intended to serve the vol-au-vent. It should be a little more than an inch in thickness. Make a knife hot in water and with it mark the cover evenly an inch from the edge all round. Ornament the border in

any way that may be preferred, and brush the vol-au-vent quickly over with yolk of egg. Put it at once into a brisk oven. When it is sufficiently risen and brightly colored take it out. Take off the marked cover carefully, and scoop out the soft paste from the inside, without injuring the outside. Put the vol-au-vent back into the oven for a few minutes to dry, and fill it with the pigeons and sweetbreads prepared as follows. Divide two young pigeons into neat joints. Put two real sweetbreads into a saucepan, cover them with lukewarm water, and set them over the fire until the water boils, then lift them out and plunge them at once into cold water. Cut them into neat pieces of uniform shape and size and bind these securely together with twine. Put the sweetbreads with the pigeons, into a stewpan, pour a cupful of water over them and add an onion, a bunch of parsley, a small sprig of thyme, a bay-leaf, a slice of fat bacon  $\frac{1}{2}$  oz of butter rolled in flour and a little pepper and salt. Simmer gently for half an hour, then remove the twine from the sweetbreads, strain and thicken the gravy if necessary, and fill the vol-au-vent with the fricassee. The sauce must be very thick or it will soften the light pastry.

#### Pigeons with Young Green Pease

—Cut off the heads and feet of six fat pigeons. Split the skin of the neck from the back, and cut the neck close to the breast, having a care not to tear off the skin. Remove the crop. Make a very small incision crosswise at the lower part of the stomach and clean the inside perfectly. Save the liver. Do not wash the birds but clean them with a damp towel. This method of cleansing is much better for any fowl than to wash it in a pan of water. By the newer method the fowls retain their flavor. Now put the liver back inside, and dust with one salt-spoonful of salt and half of this quantity of pepper. Truss the birds by folding first the skin on the back of the neck. Pass a trussing-needle through the

legs and tie them very close to the body, so as to give them a plump appearance. Cut into small squares  $\frac{1}{2}$  lb of bacon, and parboil. Five minutes' cooking will be sufficient. Drain and put same into a low saucepan with one table-spoonful of butter. Cook five minutes. Now remove the bacon. Put the pigeons in the gravy and cook for ten minutes, browning them all over. Sprinkle over one table-spoonful of flour, stirring well to mix the flour thoroughly with the gravy. Pour slowly over the fowl one quart of warm broth, stirring all the time to blend it well with the smooth gravy. Put the bacon back, add one quart of freshly shelled pease, one bunch of new green onions cut one inch in length, and one salt-spoonful of pepper. Salt is unnecessary if broth has been used. Cover the saucepan. Cook slowly but constantly for forty minutes. The pigeons should be turned once during the cooking. When finished, remove the strings and place the birds on a hot platter with the pease placed around and with the gravy poured over. If broth is not at hand, one teaspoonful of diluted beef extract in one quart of warm water may be used instead. To this should be added one level teaspoonful of salt.

**Quail, Boned** —Bone a dozen birds, stuff them in shape with sweetbreads or oysters, sew them up, roll in buttered paper, put in a pan with white stock sufficient to cover them, and let cook until tender. Take them up, remove the paper, glaze them. Arrange on a border of potatoes on a large dish, pour mushroom sauce in the centre.

**Quail, Roast** —Truss the quail in the ordinary way. Place a vine-leaf upon the breast of each, over this lay two or three thin slices of fat bacon, and fasten these on securely with strong twine. Put the birds into a stewpan just large enough to hold them, with as much butter as will keep them well basted, and when they

are browned on one side turn them to the other, until they are equally colored all over. When they are done enough, pour a cupful of thick cream over them, and sprinkle bread-crumbs, browned in butter, upon them. Time a quarter of an hour to roast the birds.

**Rabbit à la Creole** — Take a fat young rabbit remove the skin from the filets and haunches and lard them with strips of fat bacon. Take the bones out of the hind legs and flatten them to the body. Lay the rabbit in a baking pan dredge with salt and pepper, pour over melted butter, and set in a very hot oven for twenty minutes. Baste frequently. Pour over a teacupful of cream and let cook five minutes longer. Take up on a heated dish, add a table spoonful of butter and a teaspoonful of minced parsley, strain, and pour over the rabbit.

**Rabbit, Fried** — Cut into neat pieces. Flour these well and fry in plenty of boiling dripping till they are brightly browned. Lay a slice of butter on a hot dish and stir into this a small shallot finely minced and a table-spoonful of good sauce with a teaspoonful of lemon-juice if this is liked. Serve very hot. Fried bacon is a suitable accompaniment to this dish. If there is any suspicion that the rabbit is stale it should be thrown into boiling water and kept boiling quickly for five or six minutes, then drained cooled and cut up as above. Time to fry, ten to fifteen minutes.

**Rabbit, Matelote of** (a French recipe) — Take a rabbit cut it up and fry it in a little butter. Make a roux which should be thinned with weak soup and a glassful of white wine. When the liquid boils put in the pieces of rabbit together with a little bacon cut into dice, a bunch of mixed herbs, and some mushrooms. When about done enough brown some button onions in butter, moistening

with the sauce from the rabbit. Place the rabbit in the centre of the dish, arrange the onions and mushrooms round it strain the sauce over, and serve.

**Rabbit à la Minute** — Cut a fresh young rabbit into neat joints. Dissolve 2 or 3 ozs of butter in a stewpan, put in the pieces of rabbit, and turn them about until they are lightly browned all over. Pour over them is much stock or water as will cover them, and add a little pepper and salt, a blade of mace, two table spoonfuls of chopped parsley, and three or four mushrooms if these are to be had. Let all simmer gently together until the rabbit is done enough and ten minutes before it is taken from the fire thicken the gravy with a dessert-spoonful of flour. Serve very hot. A glassful of sherry may be added to the sauce or not. Time altogether, forty minutes.

**Rabbit, Marinaded and Roasted** (a German recipe) — Skin empty and wash a plump young rabbit and lay it in a deep dish with a glassful of vinegar, a glassful of port, a sliced onion, twenty peppercorns, a bay-leaf and three pounded cloves. Let the rabbit lie in this marinade for an hour or two and turn and baste it two or three times. Fill it with good veal force-meat truss firmly and baste with the marinade without wiping it at the last moment before putting it to the fire. Put it down to a clear fire and baste liberally. When done enough lay it on a hot dish take out the skewers squeeze over it the juice of half a lemon serve very hot and send brown gravy and red-currant jelly to table with it. Time to roast three-quarters of an hour to one hour less time if small.

**Rabbit, Old-fashioned Barbecued** — Take a fat young rabbit and rub all over with melted butter, dredge with pepper and salt. Lay on a well-greased broiling-iron, turning until



well done Take up, put in a dripping-pan, spread with bits of butter, and set in the oven for ten minutes Make a sauce of four table-spoonfuls of vinegar one of made mustard one each of walnut and tomato catsup and two table-spoonfuls of currant jelly Mix well, pour over the rabbit and serve hot

Reed-birds and Potatoes in Surprise — Procure twelve Philadelphia reed-birds, pick them entirely neck and head taking care not to tear the skin Singe them, make a very small opening, and clean them with a small coffee-spoon wipe them with a damp towel and sprinkle inside half a salt-spoonful of salt Cut the nails truss the legs at the joints

**Redbirds in Jelly** —Take the backs and breasts from a dozen birds. Make a force-meat of the livers of the birds, half a dozen chicken livers, 10 ozs of cold boiled tongue, the mashed yolk of a hard-boiled egg, and a table-spoonful of white sauce, seasoned with pepper and salt. Spread the mixture over the inside of the birds, sew them up into shape, put in a pan and set in a hot oven to bake for ten minutes. Take up dip in glaze, pour a little melted aspic jelly in the bottom of a dozen little moulds, let cool slightly, put a bird in each mould and set on ice for five minutes, pour aspic over to cover, set back on the ice for one hour, turn out of the moulds. Insert the feet (which should be scalded and dried) in the centre of each bird, and serve.

**Snipes a la Minute** —Pluck three snipes carefully and truss them for roasting. Dissolve 2 ozs of fresh butter in a saucepan lay the snipes in it side by side and breast downward and add two finely minced shallots or small onions, a dessert-spoonful of chopped parsley and a little pepper salt and grated nutmeg. Move the saucepan about over a sharp fire till the birds are lightly browned, pour over them as much good stock and sherry mixed as will barely cover them and add the strained juice of half a lemon and a small piece of crust of bread finely grated. Simmer all gently together till the birds are done enough. Lift them out and put them on a hot dish. Dissolve half a teaspoonful of extract of meat in the sauce stir it over the fire for a minute and pour it over the birds. Serve immediately. Time seven to ten minutes to fry the birds seven to ten minutes to stew them.

**Snipes, Roasted.** —Pluck the birds very carefully so as not to tear the tender skin, and singe and truss. Hang the birds feet downward to a spit, put them to a clear fire and baste frequently with butter or drip-

ping. When they are done enough, flour and brown them. Take them up dish them with a slice of toast under each and serve without any sauce in the dish with them. If liked, a slice of lemon may accompany the birds, or a little plain, melted butter may be sent to table in a tureen. Snipes should be served very hot, or they will be comparatively worthless. They should not be over roasted. Garnish the dish with water-cresses. Some cooks tie slices of bacon around the birds before roasting them. Time to roast, twenty to twenty-five minutes five minutes less if liked underdone.

**Snipes, To Truss.** —Handle the birds lightly, pluck them carefully so as not to tear the skin, and pick them entirely, neck and head. Draw them and wipe them with a clean soft cloth. Cut off the feet skin the head and take out the eyes. Twist the joints of the legs to bring them back upon the thighs and press the legs close to the body. Turn the head under the wing and pass the bill through the thighs and body. Tie a string round the legs and breast to keep the legs straight and pass it also around the head and the tip of the bill.

**Squabs (with mixed vegetables)** —Singe and cut the heads from six white fat squabs. Split the skin of the neck from the back, then cut the neck close to the breast, taking care not to tear the skin cut off the nails and remove the crops. Make a very small incision opening cross-wise at the lower part of the stomach to clean the inside thoroughly. Put the liver aside and with a towel dipped in cold water wipe the squabs inside and out. Do not wash them which injures the flavor. Restore the liver, and dust the inside with a small pinch of salt and a half-pinch of pepper. Put a small piece of cooked bacon beneath the skin at the crop part truss putting the feet inside, which is the latest way to truss birds. Par-







against it filling up between with a few water-cress leaves. Procure some thin wire and fasten the head, wings and tail to the bird which goes on top. Send to the table very hot and send it the same time the gravy in which the birds have been

cooled removing first all the fat and straining it

Gum, Force-meat for See Force-meats  
Force-meat of See Gravies  
Gravy for

**Garlic.**—Garlic is a very great improvement to many dishes it is exceedingly wholesome and in excellent tonic for the nerves. It gives a zest a brightness of flavor, to many dishes. A cut clove rubbed on the dish in which beefsteak is served makes a new dish of the plain broiled steak rubbed on a salad bowl it improves any salad no matter what the ingredients. It can be rubbed on the individual plates of those who like it. Rubbed over a leg of lamb or mutton before boiling it gives a most delicious flavor, something not to be described and only to be tasted

**Garlic Pickle.** See Pickles

**Garnish.**—In serving various dishes the garnishing forms a most important part as it is highly desirable that the eye should be satisfied as well as the palate and the most delicious dish may not be enjoyed if its appearance be against it. Vegetables and sauces form the principal garnish for meat dishes.

Cakes icing fruits (candied etc.) fresh jellies whipped cream eggs parsley celery etc flowers croustons etc. can all be used in suitable combinations. It is evident however that in garnishing very much must depend on the good taste of the cook and the material at her command

**Gelatines** See Jellies

**Gems.** See Bread

**German Pudding** See Puddings

**German Puffs** See Cakes

**German Waffles** See Bread

**Germantown Puffs** See Bread

**Giblet Sauce.** See Sauces

**Giblet Soup** See Soups

**Ginger Ice.** See Ices

**Ginger Pop** See Beverages

**Ginger Pudding** See Puddings

**Ginger-snaps** See Cakes

**Gingerbread.** See Cakes

**Glacé Napolitain.** See Ices

**Glacéd Fruits** See Candies

**Glaze.**—Glaze is made from clear stock boiled down until it forms a sort of meat varnish, or strong jelly, it is used to improve the appearance of many dishes. It is also made in large quantities for use in soups and sauces and for this purpose is very convenient. The knuckle of veal the legs and shins of beef, and the shanks of mutton are particularly gelatinous and therefore the best for making glaze. When a little is wanted in domestic cookery a pint of clear beef stock may be boiled quickly down to produce about a fable-spoonful or as much as will ornament a joint. Or the gravy found under the fat left from a roasted joint may be mixed with melted gelatine to make glaze. Glaze should be kept in an earthen jar, and when it is wanted for use this jar should be placed in a saucepan of boiling water and its contents melted in this way, care being taken that the sauce-

pan is not so full that the water will run into the plate. Glaze must never be put upon a joint until the latter is quite dry, and two or three layers should be put on it with a brush. Allow one layer to dry before another is put on. Glaze for poultry is the beaten yolk of an egg, or if a light glaze is wanted, the entire egg is beaten up.

Glen Urquhart Pudding      See Puddings

Gold Cake.      See Cakes

Golden Buck—Welsh Rabbit      See Cheese

Golden Pudding      See Puddings

Goose, Roast      See Poultry

Goose Livers à la Toulouse      See Poultry

Gooseberry — The following recipes for cooking gooseberries will be found under their respective headings as indicated.

Gooseberry Wine      See Beverages  
Custard      See Custards  
Fool  
Fool Mock  
Charlotte      See Fruits  
Compote of  
Fool  
Green Compote of  
Toast  
Trifle

Gooseberry for Tarts, To Keep      See Pies

Pie  
Tart  
Turnovers  
Jam      See Preserves  
Preserved  
Dumplings      See Puddings  
Pudding  
Sauce      See Sauces

Graham Flour — Recipes calling for Graham flour will be found under the following heads

Graham Biscuit      See Bread  
Bread  
Bread (Steamed)  
Gums  
Muffins  
Pies      See Pies

Grape Fruit      See Fruits

Grape-fruit Salad      See Salads

Grapes — The following recipes for cooking grapes will be found under their respective headings as indicated.

Grape Wine      See Beverages  
Jelly      See Jellies, also Preserves  
Catsup  
Pickled  
Spiced  
Marmalade      See Preserves  
Preserved  
Syrup

Gratin.      See Force-meats

## GRAVIES AND THICKENINGS

Gravies should never be at variance in flavor with the dish which they are to accompany, and in nothing is the skill and judgment of a good cook so much displayed as in their management. They may be made a source of unceasing expense, or be amply supplied at a merely nominal cost, and in moderate house-

holds ought certainly to be made from the bones and trimmings of the joints themselves. As a general rule, it should be remembered that the gravy of the meat to be used is always most suitable to send to table with it. The bones dressed and undressed, the trimmings of meat, and the necks and feet of poultry and game should

be carefully preserved and used for making gravy. When these are not sufficient, fresh meat or fresh bones must be used—the fresher the better. All superfluous fat should be removed before stewing, and the gravy kept in a cool, dry place in an earthen pan. Long simmering is required to extract the full flavor of the meat, and if any fat is in the gravy after boiling it is better left on until the gravy is required. Gravy should be sent to table hot, and in a tureen. Nothing can be more unpleasant than for the carver to find that while performing his duties he has bespattered those of his friends who, unfortunately for themselves, were placed near him. Good gravy may be made from the bones and trimmings of meat, or the liquid in which meat has been boiled. Brown made dishes require savory gravies; white dishes delicately flavored ones. Where the flavor of onions is too strong in gravies it may be lessened by boiling a turnip in it for a little while. When lean meat is to be made into gravy it should be beaten and scored before stewing.

See also recipes for Meat Sauces under Sauces.

### Gravy and Eggs

### See Eggs

**Gravy for Boiled Meat**—Half a pint of the liquid in which the meat is cooked may be thickened with a little flour and butter and flavored with a table-spoonful of finely chopped pickled gherkins or walnuts and a dessert-spoonful of minced parsley. A teaspoonful of mustard mixed with a small quantity of vinegar may then be added. This sauce should be served in a tureen, not put on the same dish as the meat. Time, a quarter of an hour.

**Gravy for Curried Fish**—Melt a piece of butter the size of a small egg in a saucepan, and fry two sliced onions in it until lightly browned. Drain them from the fat and mix with them a pint and a half of good

stock, and, if the flavor is liked, two tart apples pared and cored. Simmer gently until the onions are sufficiently tender to be pressed through a sieve, and after this has been done boil once more, thicken the gravy with a table-spoonful of flour and a table-spoonful of curry powder, mixed with a little cold water, and add a pinch of salt. Boil for half an hour, and just before serving add two table-spoonfuls of good cream. Time, an hour and a quarter.

**Gravy from Extract of Meat**—Excellent and nourishing gravy may be made from the extract of meat. It is very good if simply dissolved in a little boiling water and mixed with a rather liberal allowance of salt, but it may be converted into superior gravy by the following directions. Cut 2 ozs of the lean of undressed ham into dice, and put them into a saucepan with a piece of butter the size of a walnut, two shallots, finely minced, two cloves, a blade of mace, two sprigs of parsley one of sweet marjoram, one of thyme, and six peppercorns. Place the pan on a moderate fire and let it remain until the ham and the sides of the pan are brightly colored, moving the pieces of meat about with a wooden spoon to prevent burning and to allow of their being equally browned on all sides. Pour over them very gradually a pint of boiling water in which half a teaspoonful of the extract has been dissolved. Boil, then simmer gently for half an hour, strain and serve. If a thick sauce is wanted, the flour should be mixed smoothly with the butter before the gravy is put in. Sufficient for a quart of gravy.

**Gravy for Game**—Melt a piece of butter the size of a small egg in a saucepan and mix with it very smoothly a table-spoonful of flour. When lightly browned, add a cupful of good stock, half a teaspoonful of mixed mustard, a tiny pinch of cayenne as much powdered mace as will stand on the point of a knife, and a dessert spoonful of lemon-juice.







onion,  $\frac{1}{4}$  oz of grated lemon-peel, and 2 ozs of celery Let these simmer gently for half an hour, strain the liquor, and rub the herbs through a fine sieve Dissolve 6 ozs of butter, and incorporate with it, gradually and thoroughly, 6 ozs of dried flour Stir it quickly over a gentle fire till it is lightly browned Moisten the mixture with the liquor from the herbs, and it will be ready for the soup, which ought to boil for an hour after it is added Suitable seasoning will of course be required in addition Time, three-quarters of an hour Sufficient for five quarts of soup

**Thickening, White (for sauces) —** In making white thickening for sauces, follow exactly the directions given for making brown thickening, remembering only that the mixture must not be allowed to color. In order to prevent this it must be baked over a very gentle fire, and it must not remain on the fire so long as in the former case. When done enough it must be turned into an earthen jar and set aside for use. White thickening is used for thickening white sauces. Time to bake, about twenty minutes. A dessert-spoonful will thicken a pint of gravy.

**Green Pease**—The following recipes for cooking green pease will be found under their respective headings as indicated.

Green-pea Soup      See Soups  
and-tomato Purée  
Pease      See Vegetables

**Green-pepper Salad**    See Salads

**Grills and Broils, Gravy for**  
See Gravies

**Grits, Fried**      **See Vegetables**

**Grouse**—The following recipes for cooking grouse will be found under their respective headings as indicated

Grouse à l'Anglaise	See Game
Mayonnaise of	
Salmi of	

**Gruel, Barley —** Wash  $\frac{1}{4}$  lb of pearl barley in two or three waters. Put it into a saucepan with four pints of water and half an inch of

stick cinnamon. Simmer gently, until the liquid is reduced one-half, then strain and return it to the saucepan with two large lumps of sugar and two wineglassfuls of port. Keep it in a cool place, and heat it as required. Time, about an hour and a half.

**Gruel, Oatmeal** — Mix a table-spoonful of oatmeal very smoothly with a little cold water. Pour upon it a pint of boiling water, stir it well, then let it stand for a few minutes to settle. Pour it back very gently into the saucepan, so as to leave undisturbed the sediment at the bottom of the gruel. Let it simmer, stirring occasionally and skimming it carefully. It may be sweetened and flavored with wine and spice or grated ginger, or a little salt only may be put in. Time, a quarter of an hour to simmer.

**Gumbo Filé (with oysters)** See Soups

# H

Haddock, Baked	See Fish	Hazel-nut Macaroons	See Cakes
Haggis, Scotch	See Mutton.	Heart, Beef.	See Beef
Halibut, Boiled	See Fish	Herbs, Vinegar of.—The flavor of herbs may be extracted by being soaked in vinegar, and in this form may be used for soups and sauces, when fresh herbs cannot be obtained. Pick the leaves from the stalks and fill a wide-mouthed bottle with them. The leaves may be shaken together but must not be pressed down. Pour the best pickling vinegar over them, let them infuse for a month, then strain and bottle for use.	
Breaded	.		
Coquilles of			
Ham. — The following recipes for cooking ham will be found under their respective headings as indicated			
Hain Omelet	See Eggs		
Boiled	See Pork		
Broiled			
Croquettes and Eggs			
Escalopes au Xerès			
Fingers			
Fresh Stuffed and Roasted		Her Majesty's Cake.	See Cakes
Roast.	..	Herring Salad	See Fish
Roast, with Sherry		Hickory-nut Macaroons	See Cakes
Sauté, with Dandelion Purée			
Turnovers (Virginia, to Cure)			
York and Fowl Potted with Aspic Jelly			
Salad	See Salads		
Hamburg Steaks	See Beef		
Hard Sauce.	See Puddings		
Hare, Force-meat for	See Force-meats	Holiday Pudding	See Puddings
Hare, Roasted.	See Game	Hollandaise Sauce	See Sauces
Hash.	See Beef	Home-made Bread.	See Bread.
Hasty Puffs.	See Bread	Home-made Cordials, Syrups etc.	See Beverages
Hasty Pudding	See Puddings	Home-made Preserves	See Preserves

Hominy, Baked      See Vegetables  
 Boiled  
 Cakes  
 Croquettes

Honey Cake      See Cakes

**Hop Tea.**—Put the hops into a covered jug with boiling water, in the proportion of 1 oz of hops to a pint of water. When cold, pour off the liquid and bottle for use. A quarter of a pint taken fasting is often found beneficial in attacks of indigestion. If double the quantity of hops is used, it will be an excellent tonic.

Horehound, Candied      See Candy

**Hors-d'œuvres**—This is the name given to small dishes which are handed round after the soup and fish, and are intended to serve as relishes or incentives to the appetite. They con-

sist of anchovies, olives, sardines, oysters, pickled herrings, radishes, oiled salads, shell-fish, and dishes of a like description. Or, if hot, of pasties of all kinds, rissoles, croquettes, sweet-breads, etc. They are generally served on small, oval dishes.

Horseradish Sauce      See Sauces

Hotch-potch Scotch      See Soups

Hot Cross Buns      See Bread

Hot Slaw      See Salads

**Huckleberries**—The following recipes for cooking huckleberries will be found under their respective headings as indicated.

Huckleberry Cake      See Cakes  
 Short Cake  
 Pudding      See Puddings

# I

## ICES

### ICES, ICE-CREAMS, BISCUITS, MOUSSES, PARFAITS, SHERBETS, SORBETS, ETC

*Water Ices* are made of the juices of ripe fruits mixed with syrup and frozen and it must be remembered that if the juices are sweetened excessively they will not freeze.

*Clarified Sugar* — For water ices clarified sugar should be used, and this may be made by dissolving 6 lbs of sugar in four quarts of water. Let it then come slowly to a boil, add the white of an egg well beaten to the water and boil ten minutes when it may be strained and bottled.

*French Ice-creams* are based on custards made of scalded milk and the yolks of eggs, and stirred while freezing.

*Mousses Biscuits and Parfaits* are made of whipped cream which is frozen without stirring.

*American Ice-creams* are made of cream (or milk) and sugar, flavored by extracts or by fruits, and stirred while freezing.

*Punches and Sherbets* are water ices to which liquors have been added.

*Fruits* should be pulped and strained to discard skins and seeds, and also to avoid lumps in the cream.

*Cream or Milk* should be scalded to facilitate smoothness.

*Condensed Milk* may be used by reducing it with water.

*Freezing Mixture* — Three parts of ice, crushed, to one part of coarse salt is the ordinary proportion. More salt is used for frappes. Moulds should be packed full and all joints around the cover filled with butter to keep out

the ice and salt. To unmould wrap the mould for a moment in a towel dipped in hot water and wrung out.

*Almond Ice*. — Beat the yolks of sixteen eggs with 1 lb of sugar until creamy. Pound to a paste  $\frac{1}{2}$  lb of blanched almonds with the white of one egg. Add two cupfuls of water, put in a double boiler and stir over the fire until thick but not boiling. Add a teaspoonful of candied orange and lemon peel and turn into a freezer.

*Currant Ice* — One pint of the juice of red currants to which have been added a few raspberries to give additional color. Add 1  $\frac{1}{2}$  lbs of sugar, boiled to a syrup with one quart of water and mix the juice thoroughly with the syrup. Strain the liquid into the mould and freeze. Time, half an hour to draw out the juice.

*Ginger Ice*. — Make a syrup by boiling together  $\frac{1}{2}$  lb of refined sugar with half a pint of water and the thin rind of a large lemon for ten minutes. Strain, and add two tablespoonfuls of lemon-juice and  $\frac{1}{4}$  lb of preserved ginger, half of which has been well pounded in a mortar and half cut into thin slices. Mix thoroughly, pour into a mould, and freeze.

*Lemon Ice*. — Rub the rind of six lemons upon twelve large lumps of sugar, squeeze over them the



pint of milk to the boiling-point in a double kettle, and stirring into it one cupful of sugar, two rounding table-spoonfuls of flour, and two eggs which have been beaten together until light and creamy. When the milk is first set over the fire, put one cupful of granulated sugar in a clean frying-pan and set it where the sugar will melt, watching it carefully if the fire is very hot. When the sugar is melted it will be brown and liquid, like molasses and should then be turned into the foundation custard and thoroughly mixed with it. Cook the whole ten minutes, and set away to get cold. When the mixture is perfectly cold, add one cupful of sugar, a pinch of salt, one quart of thin cream, and freeze, using not more than three pints of salt to a gallon freezer. It is not necessary to turn the crank continuously while freezing ice-cream, all that is necessary at first being a sharp turn or two every few minutes to remove the congealed portions from the side of the can, but when the freezing process is advanced then the stirring should be rapid for fifteen minutes to make the mixture light and creamy. Remove the beater, stir the ice-cream well with a spoon to fill up the space in the centre of the can and set away for two hours or longer. This should turn out in a perfect mould and will be of a pale chocolate color with a delicious flavor of burned sugar. A smaller quantity may be made by adding only three cupfuls or even a pint, of cream to the custard in which case less sugar should be used. The caramel flavor will be strong or delicate according as the sugar is simply melted or allowed to burn a dark color.

**Chocolate Ice-cream.**—Grate  $\frac{1}{2}$  lb of chocolate very fine. Mix it into a smooth paste with a little fresh milk. Take three pints of morning's milk put it on the fire to boil then stir in the chocolate paste. Have ready the yolks of six eggs well beaten with 1 lb of white sugar. Pour the chocolate over this, boiling hot from the kettle and put all together back on the fire,

and stir all the time until it thickens. Great care is needful, as it is apt to burn. Whip up five pints of cream, and stir in when the chocolate custard is cold. Season slightly with vanilla. Now beat the whites of the five eggs to a stiff froth, and add gradually, while beating, two table-spoonfuls of pulverized white sugar, and, as soon as they are well blended and the cream about half frozen, put into the freezer, and you will find the addition a great improvement.

**Cocoanut Ice-cream.**—Take a fresh cocoanut and grate it. Pour over it a quart of boiling milk. When cold, strain through a cloth, squeezing it very hard to get all the milk from the cocoanut. Add to this milk half a pint of whipped cream and  $\frac{3}{4}$  lb of sugar. Freeze.

**Coffee Ice-cream.**—Take 4 ozs of freshly roasted coffee and pour a quart of boiling milk over it. Allow to stand until cold then strain through a napkin, add half a pint of whipped cream and  $\frac{3}{4}$  lb of sugar. Freeze as usual.

**Glacé Napolitain**—Take 4 ozs of rice wash it thoroughly and put it in a stewpan with a pint of milk, a pint of good cream, a pinch of salt, and 2 ozs of sugar. Let the rice swell considerably in this. When it is tender enough to give way between the fingers add a stick of good vanilla, and boil it one minute then let it get cold. When cold take all the cream that remains liquid and put it in a stewpan with the yolks of six eggs, if there is not cream enough add to it a little milk. Turn this on the fire with a wooden spoon and when the eggs are well done and the mixture very thick, let it cool. Add to this a pint of double-whipped cream, and, after mixing the cream with the custard taste if the latter is sweet enough. Do not make it too sweet. Then take some out in a basin and put it into the rice only, next mix together the rice and cream, take out the vanilla, and put all the rest into the freezer, work it well in



TABLE SET FOR AN INFORMAL DINNER





the ice. When quite frozen put it in the mould, with salt all round the ice. At dinner-time dip the mould in cold water and push the ice off the mould and cover the plate with the cream. If you have put by in the kitchen individual moulds are frequently used.

**Lemon Ice-cream.**—Rasp the yellow rind of two large, fresh lemons upon  $\frac{1}{2}$  lb of loaf sugar. Powder it and turn over it the juice of one lemon. Add a quart of cream, stir until the sugar is dissolved, freeze, and serve.

**Macaroon Ice-cream.**—Scald a pint of milk and pour it slowly upon six eggs beaten light with two cupfuls of sugar. Return to the fire in a double boiler and cook stirring constantly until you have a custard that will coat the spoon. Then remove the custard from the fire and set aside to cool and add a pint of cream and a teaspoonful of vanilla. Turn into a freezer and grind until half frozen. With a rolling-pin crush ten dry macaroons to a coarse powder and beat thoroughly into the half-frozen cream. Recover the freezer, pack down in ice, and salt for three hours.

**Maraschino Ice-cream.**—Mix 1 lb of pulverized sugar, one-half pint of unsweetened condensed milk and one pint of cream thoroughly pour in the cordial from one pint of maraschino cherries and four table-spoonfuls of cognac. Cut the cherries finely and add them last. Freeze. Serve in small, separate moulds. The same cream may be made without the maraschino or cognac, simply with one cupful of strong coffee as a flavoring.

**Neapolitan Ice-cream** is made by placing in the mould layers of three or more varieties of ice-cream.

**Nesselrode Ice-cream.**—One pint of syrup of loaf sugar, flavored with vanilla, fifty fine, large chestnuts, boiled, peeled, pounded and pressed through a sieve, one quart of fresh

cream, the yolks of twelve eggs well beaten. Moisten the strained chestnuts with the syrup, adding little by little the cream and the beaten yolks when all these ingredients are smoothly mixed together, cook in a bain marie, stirring continually until the cream begins to thicken, add then a piece of candied citron, sliced fine  $\frac{1}{4}$  lb of sultana raisins, peeled and dredged and a glassful of maraschino add lastly a quart of whipped cream and the yolks of three eggs well beaten, stir continually until the cream is smooth and velvet and very thick and freeze. See also Puddings (Nesselrode).

**Peach Ice-cream.**—One quart of ripe sweet peaches after they have been peeled and mashed through a colander one and a half cupfuls of granulated sugar and one quart of cream. Dissolve the sugar in one pint of the cream and whip the other pint to a froth. Mix the cream and peaches together, stir well and freeze.

**Pineapple Ice-cream.**—Beat the yolks of six eggs thoroughly. Mix with them half a pint of lukewarm milk and add 2 ozs of loaf sugar. Stir this custard over a gentle fire until it begins to thicken then pour it out and stir it again. Pare a pineapple and cut it into slices. Boil it for five minutes in a syrup made of  $\frac{1}{2}$  lb of loaf sugar and a quarter of a pint of water. Press the fruit through a coarse sieve, and stir the pulp and the syrup into the custard. Put the cream into a mould, and freeze in the usual way.

**Pistache Ice-cream.**—Blanch and peel  $\frac{1}{4}$  lb of pistache-nuts and pound them to a smooth paste with a few drops of rose-water. Beat the yolks of six eggs, and pour over them a pint and a half of boiling milk, add 4 ozs of powdered sugar and stir the custard over the fire until it begins to thicken, then pour it out, and when cool stir into it the pounded pistaches and a teaspoonful of spinach color-

ing Pass the whole through a sieve, mould and freeze. If preferred the pistache paste can be mixed with cream instead of custard. Time about a quarter of an hour to boil the custard.

**Plum-pudding Ice-cream.** — Make a rich chocolate cream by taking a quart of cream a cupful of sugar, and half a cupful of grated sweet chocolate and scald with an inch of vanilla bean, strain and add while hot a cupful of chopped raisins a cupful of chopped nuts, and a cupful of chopped figs and stir till cool, then freeze and when stiff mix in half a cupful of brandy in a rich teaspoonful of powdered cloves and one of cinnamon have been soaked. Pack in a square brick and serve in small slices with a spoonful of whipped cream with each piece.

**Raspberry Ice-cream.** — Mix 1 lb of fresh ripe raspberries with the juice of a lemon  $\frac{1}{2}$  lb of powdered sugar and a pint and a half of thick cream or if preferred a pint of cream and half a pint of milk. Beat the mixture in a bowl rub it through a sieve freeze in the usual way and leave it in the ice-pail till it is wanted. If more convenient, raspberry jam or raspberry jelly may be used instead of the fresh fruit, and when this is done very little sugar will be required or two portions of red currants mixed with one portion of raspberries may be used.

**Strawberry Ice-cream.** — Take 1 lb of fresh ripe finely flavored strawberries sprinkle  $\frac{1}{2}$  lb of powdered sugar over them bruise them well with a wooden spoon and rub them through a sieve. Mix with the juice a pint of thick cream the juice of a lemon, and a few drops of cochineal. Freeze and mould in the usual way.

**Tea Ice-cream.** — Pour a quart of boiling milk over 1 oz. of tea leaves and cover for five minutes. Strain into a bowl over a caramel made of 2 ozs. of sugar. Beat the yolks of eight eggs with  $\frac{1}{2}$  lb of powdered sugar and a pinch of salt. Mix with the

milk and place the whole over the fire stirring gently until it thickens. When cold, freeze.

**Turret Ice-cream.** — One pint of sweet cream one quart of milk, one package of gelatine one heaping cupful of sugar, three eggs beaten light white and yolks separately  $\frac{1}{2}$  lb of crystallized fruit, vanilla flavoring juice of one lemon. Soak the gelatine in a cupful of the milk four hours. Scald the rest of the milk, add the sugar when this is dissolved, the soaked gelatine. Stir over the fire until almost boiling hot, strain and divide into two equal portions. Return one to the fire and beat quickly. When it nears the boiling-point, stir in the beaten yolks. Let all cook together two minutes and turn into a bowl to cool. While it is cooling churn the cream very stiff, and beat the whites of the eggs until they stand alone. Divide the latter into two heaps and as the yellow gelatine begins to form whip one-half of the whites into it a little at a time. To the white gelatine add the rest of the whites in the same manner, alternately, with the whipped cream. Flavor the yellow with the vanilla the white with the lemon-juice beaten in at the last. Wet the inside of a tall fluted mould with water and arrange in the bottom close to the outside of the mould a row of crystallized cherries. Then put in a layer of the white mixture on this the apricots or peaches cut into strips a layer of the yellow another border of the cherries and so on until the mixture is all used. When firm which will be in a few hours turn out on a handsome dish. This sounds elaborate and difficult, but it is not so.

**Tutti-frutti Ice-cream.** — Take a spoonful each of preserved strawberries, raspberries, apricots currants, green gages, ginger gooseberries, plums, and orange-peel cut into small pieces. Sweeten a quart of cream with  $\frac{1}{2}$  lb of sugar, add to it a glass of noyau and the fruit. Freeze.

**Vanilla Ice-cream** — One pint of cream or rich milk, two cupfuls of powdered sugar or one table-spoonful of flour or cornstarch, one quart of cream and one table-spoonful of vanilla. Beat one cupful of sugar and the egg together until they are creamy, then add the flour and the pint of milk or cream. Put in the double boiler and stir continually till thick and smooth like custard. Set away to cool, then add

the flavoring, another cupful of sugar and the quart of cream, and freeze.

**Violet Ice-cream** — Scald one quart of cream and one cupful of sugar in a double boiler with an inch piece of vanilla bean, cool and then add violet coloring and freeze. Mould in a ring, and fill the centre with a pyramid of whipped cream and candied violets.

## MOUSSES, PARFAITS, SHERBETS, ETC.

**Chocolate Frappé** See Beverages

**Chocolate Parfait.** — Make a chocolate cream with the addition of eggs, let it just heat on the fire then pass through a strainer, mix this mixture working in a little whipped cream and syrup. When a smooth ice-custard is obtained put it in the mould in ice for two hours. Any other flavor may be substituted for chocolate.

**Coffee Frappé.** See Beverages

**Coffee Mousse** requires one cupful of very strong coffee, the yolks of two eggs, half a cupful of sugar and two quarts of whipped cream, measured after whipping. Beat eggs and sugar together, add the coffee and cook in a double boiler for four minutes, stirring constantly. Cool, add the whipped cream, and put in the freezer. Cover the can cork up the aperture where the beater goes in, and pack in ice and salt. About five pints of salt will be necessary, and the mousse should stand from four to six hours to be perfect.

**Currant Mousse** — Put a quart of ripe currants in a saucepan, with just enough water to keep them from burning, and cook slowly until the juice runs freely. Squeeze them, and measure the juice. To a pint of this allow 1 lb of white sugar. Put both on the fire and bring to a

boil. Beat six eggs very light in a bowl and pour upon them the boiling juice, stirring the mixture vigorously. Return to the stove and cook until it thickens, beating all the while. Turn it out to cool, continue to heat it for a few minutes after it comes from the fire and freeze. Raspberries, strawberries or other fruits may be used instead of currants.

**Lemon Sherbet** is made of half a pint of lemon-juice, the grated rind of two lemons, one pint of sugar, and a scant quart of water. Boil the water and sugar together twenty minutes, and when this syrup is cool add the other ingredients. Orange sherbet is made in the same way, also raspberry and currant. All fruit sherbets are improved by the addition of a little lemon-juice, two lemons to a pint of fruit juice and a quart of water, and in every case they are finer if the sugar and water are first made into a syrup by boiling twenty minutes.

**Maple Mousse** — Beat the yolks of six eggs light. Pour upon them three-quarters of a cupful of maple syrup, made very hot. Put over the fire in a double boiler and cook, stirring all the while, until it thickens. Take from the stove, and beat until it cools. Whip half a pint of cream, and beat the whites of the eggs to a stiff froth. Stir very lightly into the custard, turn into a melon-shaped

mould, and pack in ice and salt, as for ice-cream. It should stand in this for at least four hours

**Mousse à la Sarah Bernhardt** — Mince in a mincing-machine about  $\frac{1}{2}$  lb of cold roast beef, and then pound up with a pestle and mortar. Add to it a thick round of bread, soaked in milk. Beat and mix well together, and put again through the machine. Turn into a basin and add two eggs 1 oz of butter a table-spoonful of *pâté de foie gras* (first minced) salt and pepper. Stir well. Well butter a jar and place a buttered paper at the bottom. Into this put a piece of tomato (not too juicy) and four pieces of truffle. Then add the mixture well pressing it down, and place a buttered paper on the top. Put the jar and its contents into a pan of hot water, and put in oven for about fifteen minutes. When done turn out into an entrée dish and serve with *Espagnol* sauce.

**Orange Whips.** — Beat the whites of two or three eggs to a froth. Dissolve half a box of gelatine  $\frac{1}{2}$  lb of sugar, and the juice of six or eight oranges together and allow the mixture to jelly slightly. Then add the eggs which should be stiff enough to stand alone. Mix all thoroughly together, put into moulds, and set on ice.

**Peach Mousse.** — Use very ripe fruit, one quart when peeled and sliced. Rub through a sieve add one pint of sugar and two quarts of whipped cream. Two table-spoonfuls of wine or *maraschino* may be added if liked. Heap the mousse lightly in a three-quart mould or the can of the ice-cream freezer and pack in ice and salt, allowing it to stand from four to six hours.

**Pineapple Sherbet.** — Soak two table-spoonfuls of gelatine in enough water to cover it for two hours. Put in a saucepan one pint of water and one of granulated sugar cook for five minutes. Meanwhile add a little hot water to the gelatine, and when it is

dissolved pour over the prepared pineapple with the hot syrup. When cold turn into a freezer. Just before it becomes stiff enough to take out the beater, add the white of an egg, beaten light. Repack with ice and salt, and freeze for two hours.

**Raspberry Mousse.** — One quart of rich cream, one gill of raspberry-juice, half a cupful of powdered sugar. Sweeten the cream, mix the juice with it, and whip all until very light and frothy. Freeze as you would ordinary ice-cream.

**Roman Punch.** — Put 2 lbs of finely powdered sugar into a bowl and strain over it the juice of ten lemons and two sweet oranges. Add the thin rind of a lemon and an orange, and let the mixture remain for one hour. Strain the syrup through muslin, add gradually the whites of ten eggs, beaten to a firm froth and freeze the punch in the usual way being careful to stir it vigorously while it is being frozen. A few minutes before serving, mix together a pint of old white Jamaica rum, half a pint of green tea half a pint of brandy and if desired, a bottle of champagne. Add the ice and stir briskly till it dissolves. A pint of pineapple syrup may be added or not. This punch should be thick and creamy in appearance.

Another way — Two quarts of cold water one of Madeira wine, half a pint of brandy, the juice of six lemons, and two quarts of water. This is very hard to freeze. In winter use snow instead of ice.

**Sherbets.** See also Beverages.

Sorbets are simply sherbets half frozen, and they are generally served in glasses after the game at elegant dinners. *Granites* are a coarse kind of sorbets. They are frozen without beating and with very little stirring, and the result is a rough, icy substance which is very refreshing. Any kind of fruit juice may be used for these or several kinds mixed. A cof-

fee granite is made of one and one-half cupfuls of very strong coffee, and one pint of sugar and one pint of water boiled together twenty-five minutes. Add the coffee to this syrup and set away to cool. Mix with this three pints of cream and pack in ice and salt. At the end of thirty minutes scrape from the sides of the can, and let it stand for one hour longer. There is to be no beating whatever. Serve in sorbet glasses either in the middle or at the end of the dinner.

**Strawberry Mousse.**—Mash one quart of strawberries and one pint of granulated sugar. Let this stand a couple of hours. Meanwhile soak a quarter of a package of gelatine in half a cupful of cold water. Rub the crushed berries through a coarse sieve. Pour a little boiling water over the soaked gelatine, and when it is dissolved stir it into the strained fruit. Stand the basin containing this mixture in a pan of ice-water and stir until the contents begin to thicken. Then add three quarts of whipped and drained cream. Stir all until well blended. Pour the mixture into the freezer, put on the cover, using plenty of ice and salt around the freezer. It will require four hours to harden.

**Strawberry Parfait**—Whip a quart of cream to a froth, add half a pint of strawberry-juice and a cupful of sugar, turn carefully into an ice-cream mould, press the lid down tightly, pack in salt and ice, and let freeze three hours.

**Strawberry Sherbet**—Boil one pint of granulated sugar and one and a half pints of water for fifteen minutes. Take from the fire and add one and a half pints of strawberry juice, or the berries may be rubbed through a coarse sieve, add the juice from a large lemon. Freeze like ice-cream. Just

before removing the beater stir in the whites of two eggs, beaten light.

**Tortoni Biscuit**—Make a custard of a pint of rich cream and the yolks of half a dozen eggs with a cupful of granulated sugar. Add a pinch of soda to the cream before putting it on to scald, and have the yolks of the eggs beaten until very thick before adding the sugar, after which beat five minutes longer. Now stir very slowly and cautiously into the boiling cream. Set the custard aside until cold, when you may stir into it a gill of sherry or of maraschino as preferred. Freeze until quite stiff, when the freezer must be opened and a pint of cream, whipped light beaten into the contents. Fill a mould with the mixture, repack in the ice and salt and let it freeze for two or three hours.

**Vanilla Mousse**—Put one quart of rich cream in a double boiler, and let it cook till the water in the outer kettle boils. Then remove from the fire, add  $\frac{1}{2}$  lb of sugar and three table-spoonfuls of vanilla. Let stand a few minutes, strain, and, when cool, freeze. Whip one pint of sweet cream to a stiff froth and when the cooked cream is nearly frozen stir it slightly in. Continue to turn the crank until the mixture is sufficiently hard, and set aside till ready to serve.

**Vanilla Parfait**—Put in a saucepan one cupful of sugar syrup into which beat the yolks of eight eggs and heat over a moderate fire, stirring constantly until the custard will coat a spoon dipped into it. Take from fire, add the vanilla extract, and beat until it is very light then add a pint of whipped and drained cream, stirred in lightly. Freeze from three to four hours. Any other flavoring can be used in place of vanilla.

Iced Jelly Cream. See Creams

Iced Tea, etc. See Beverages

Icing for Cakes, Pies, and Tarts  
See Cakes

India Sauce. See Sauces

Indian Chutney. See Pickles

Indian Curry See Curry

Indian Meal — Recipes calling for Indian meal will be found under the following heads

Indian Fruit Pudding See Puddings

Indian-meal Fritters See Fritters

Johnny Cake See Bread.

Pudding, Baked

See Puddings.

Boiled

Ingleside Waffles See Bread.

Irish Moss — When boiled it produces a thick, nourishing, and not unpalatable jelly. Boiled with milk, or even with water, and carefully strained, it forms a most nutritious and soothing diet for invalids, especially for those who suffer from chronic diarrhoea or other complaints which are attended with great irri-

tability of the mucous membrane lining stomach and intestines. The jelly may be sweetened or flavored in various ways, fruit juices, either canned or in a natural state, and coffee or chocolate, prepared as for the table, being preferable to any of the flavoring extracts, both for taste and healthfulness. For invalids it is always best to use the least amount of sugar which will make it palatable.

Irish Stew — Lean beef cut into small slices or squares, onions sliced, cold potatoes, celery, parsley, etc., salt and pepper to taste, all stewed together in stock or water until the potatoes have absorbed the gravy. See also Beef.

Italian Cream See Cream

Italian Pastes See Soups

Italian Salad See Salads



# J

**Jam.**—Recipes calling for jams or making the same will be found under the following heads

**Jam Omelet.**

See Eggs

**Tarts**

See Pies

from large fruits

See Preserves

small

**Jardinière** — This is a garnish made of cooked vegetables, which gives its name to the dish with which it is served. Thus, fillet of beef à la jardinière, mutton à la jardinière, goose à la jardinière, simply mean fillet of beef, mutton, and goose served with a garnish à la jardinière. To prepare this garnish, peel two or three sound carrots and turnips and turn or shape them in fanciful forms of equal size. This is most easily done with a vegetable scoop made for the purpose. Two ounces of French beans

cut into diamonds may be added, a cauliflower divided into sprigs, 2 ozs of green peas 2 ozs of asparagus tops, and a few Brussels sprouts. Cook all the vegetables first in a little broth nicely flavored with pepper, salt, and sugar. Take them out when they are rather underdone, so that they shall not break when dished. Drain them thoroughly, put them into a saucepan with a table-spoonful of lightly colored glaze, and shake them for two or three minutes over the fire. Arrange them round the dish as effectively as possible.

**Jellied Meats**

See Beef, Fish, Veal, etc.

**Jellied Chicken.**

See Poultry

**Jellies, Fruit** (made without Gelatine) See Preserves

## JELLIES MADE WITH GELATINE

**Jellies** —For fruit jellies made without gelatine, and jellied fruit, see Preserves

**Gelatines** —The various brands differ in size of box. The proportions of gelatine to water are usually given on the box. One ounce of gelatine should take up at least three pints of water.

**Unmoulding** —When ready to serve wrap about the bottom of the mould for an instant a cloth wrung out in hot water, and invert the mould upon a chilled dish. When jelly is used as a garnish, make it in a shallow pan

and cut into strips, dice diamonds, or fancy shapes with a knife dipped in hot water.

**Colorings to Stain Jellies Ices, etc** —Pokeberries gathered before frost, and made into jelly like any other fruit furnish the best pink we know of. For a beautiful red, boil fifteen grains of cochineal, finely powdered with a drachm and a half of cream of tartar, in a half-pint of water very slowly half an hour, add in boiling a bit of alum the size of a pea, or use beet-root sliced and soaked in a very little water. For white, use almonds,

blanched and finely powdered, with a little drop of water, or use cream. For yellow, use yolks of egg, or a bit of saffron steeped in the liquor and squeezed. The flower of the crocus may also be used for this purpose, as it has no taste. For green, pound spinach leaves or beet leaves express the juice, and boil it in a teacup set in a saucepan of water to take off the rawness.

*Clarifying Jellies*—Straining once through a felt or flannel bag will usually clear the jelly and make it limpid. This may be repeated a second time. If a sparkling jelly is desired, clear with the whites of two eggs to each three pints of jelly. Beat the whites and the egg shells until it froths but is not a dry froth. When the jelly has cooled beat in the egg whites. Put the jelly on the fire and let it slowly come to a simmer and keep simmering half an hour. Then strain twice through flannel or felt but without pressure.

### Apples, Jellied.

See Fruits.

*Aspic Jelly*—Put a knuckle-bone of veal a knuckle-bone of ham a calf's foot, four cloves stuck into one large onion one large carrot and a bunch of savory herbs in two quarts of water and boil gently until it is reduced rather more than half. Strain and put it aside to cool. Very carefully remove every particle of fat or sediment, and place the jelly in a saucepan with a glassful of white wine a table-spoonful of tarragon vinegar salt and pepper to taste and the crushed shells and beaten whites of two eggs. Keep stirring until it nearly boils which may be known by its becoming white then draw it to the side of the fire and simmer gently for a quarter of an hour. Put on the cover let it stand to settle and strain through a jelly-bag two or three times if necessary until it is quite clear. Put it into a mould which has been soaked in cold water. Time, four or five hours.

*Aspic Jelly* (a quick way of making)—Take a pint of nicely flavored clear stock that will jelly, put it into a saucepan with a glass of white wine and a dessert-spoonful of tarragon vinegar. Put a large table-spoonful of gelatine with two of water, let it swell, then stir it in with the boiling stock till it is dissolved, add the whites and crushed shells of two eggs, draw it back, and let it simmer for ten minutes, strain through a jelly-bag till clear, and pour it into a mould that has been soaked in cold water. Time to make, about half an hour. Sufficient for a pint and a half of jelly.

*Aspic Jelly for Garnishing*—Take two pints of nicely flavored stock, that will jelly, put this into a saucepan with a blade of mace, a table-spoonful of tarragon vinegar, and a glass of sherry. Let it boil, then stir into it 1 oz. of the best gelatine which has been soaked in a little cold water. When again cool add the beaten whites of two eggs let it boil, then draw it on one side to settle, strain through a jelly-bag until quite clear and pour it on a dish which has been standing in cold water. Cut it into dice for garnishing. Time to make about an hour. Sufficient for two and a half pints of jelly.

*Blackberry Jelly*—Take one quart of berry juice and when it comes to a boil add to it a half box of soaked gelatine one cupful of sugar and stir over the fire until gelatine is dissolved, which will take but a few moments. Strain into a mould and set away to harden. Serve with whipped cream.

*Blanc-mange.* See Blanc mange.

*Bread Jelly* (a delicacy for invalids)—Take a French roll, cut it into thin slices and toast them on both sides to a golden brown. Then put them into a saucepan with a quart of water (spring water, if it can be had),



eggs, two cupfuls of milk, and a half-cupful of sugar, and, when the coffee foam is turned out into the dish, pour the custard about it. It is very good, even without the custard.

**Coffee Jelly** — Pour a pint of boiling milk through a muslin bag containing 3 ozs of freshly ground coffee. Put 1 ½ ozs of soaked gelatine into a saucepan with a pint of cold milk, an inch of stick cinnamon, and two table-spoonfuls of sugar. Let it boil, and stir it until the gelatine is dissolved. Mix the yolks of two eggs with the coffee, strain the milk and gelatine upon it, pour it into a mould which has been immersed in cold water, and let it remain in a cool place until stiff. It will stiffen in about twenty-four hours.

**Cream Jelly** — To one quart of calf's-foot jelly put one pint of sweet cream, one pint of fresh milk, and 10 ozs of pulverized white sugar. Flavor with extract of rose or vanilla. Melt together in a pan over the fire, strain, and impart a pale-pink tint by the use of a little cochineal. Mould precisely as you do blanc-mange. When firm, turn out the cream jelly into the centre of a shallow dessert-dish of glass or china. Surround it with syllabub whipped to a light froth.

**Creams** (Bavarian, etc., made with gelatine) See Creams

**Dantzic Jelly** — Use the recipe for wine jelly, omitting the wine and adding one-third as much Dantzic brandy which contains gold-leaf. If more gold is wanted add a sheet or two of gold-leaf which can be bought at any art or paint store in little booklets containing twenty-five sheets. The price is about fifty cents per booklet. This makes a highly ornamental jelly.

**Farina Jelly** — Boil one quart of new milk, while boiling, sprinkle in slowly ¼ lb of farina, continue the boiling from half an hour to an hour,

season with a teacupful of sugar and a teaspoonful of vanilla, when done, turn out into a mould and place it on the ice to stiffen. Serve with whipped cream.

**Flummery** — Melt 2 ozs of gelatine in a pint and a half of water, add a wineglassful of sherry and half a glassful of brandy with the juice of three lemons, and sugar enough to sweeten. Stir into the liquid when cold a pint of double cream which had been whisked until it began to thicken. If mixed while warm, the lemon-juice will curdle it. Moulds should be dipped in water or oiled, and the flummery should be allowed to set a day before turning out. Blanched almonds, slit lengthwise, stuck round the flummery, or preserved cherries, may be added.

**Flummery, Raspberry** — Soak 1 oz. of gelatine in cold water for an hour. Put 1 lb of raspberry jam, or, better still, 1 lb of fresh raspberries, into a preserving-pan with half a pint of white-wine vinegar. Stir the mixture constantly till it boils, let it simmer a few minutes, and rub it through a sieve. Mix the raspberry pulp with the gelatine and as much sugar as will sweeten it sufficiently. Boil the mixture once more and pass it through muslin into a mould which has been well soaked in cold water. Put it in a cold place, and when it is set turn it out carefully. Time five minutes to boil the fruit with the vinegar.

**Grape Jelly with Gelatine** — Pick the berries off the stems and subject to a gentle heat until when mashed the juice will easily run, strain through a colander then through a flannel jelly-bag. To every pint of juice allow 1 lb of fruit sugar and to every quart a scant quarter of a box of gelatine. When the juice is put to boil, add the gelatine and warm the sugar in a tin basin taking care it does not stick and burn. When the juice has boiled twenty minutes



water to just cover it for one hour. Shred or chop fine two small pineapples (canned pineapples may be used). Strain over the fruit the juice of one lemon and cover with one pint of granulated sugar. Add a pint of boiling water to the soaked gelatine, and when it is all dissolved turn it over the prepared fruit. Put in a mould and place on the ice until it hardens. Serve with whipped cream or boiled custard. When gelatine is used with fresh pineapple it should not stand more than an hour or two, as the acid in the pineapple will turn the gelatine to liquid.

**Ribbon Jelly** — When making a plain jelly divide it into several parts. Color one part with strawberry-juice or a few drops of red coloring, another part with orange, another with green coloring. Put these in the mould in layers. The vegetable colorings can be purchased at about twenty-five cents per bottle.

**Russian Jellies** — These are made of two varieties of jellies by using a double mould. The outside jelly is usually transparent. Make the outside jelly shell by placing the smaller mould in the larger one and filling up the space with a clear jelly. Then take out the small mould and fill the centre space with a colored jelly, or a Bavarian cream, or a mixture of fruits and cream. The combinations possible are almost innumerable.

**Snow** — Pour a teacupful of cold water over 1 oz. of gelatine and let it stand twenty minutes. Then add one pint of boiling water. When it is dissolved let it cool but not congeal. Beat the whites of six eggs very light, mixing in two teacupfuls of powdered white sugar. Then pour in the gelatine and season to your taste—vanilla or rose is very nice. Beat three-quarters of an hour and then put into blanc-mange moulds previously dipped in cold water. When turned out snow is eaten with whipped syllabub

or custard, and is generally admired as a dish no less good than pretty.

**Sponge.**—One quart of strawberries, half a package of gelatine, one cupful and a half of water, one cupful of sugar, the juice of a lemon, the whites of four eggs. Dissolve the gelatine in water. Mash the strawberries and add half the sugar to them. Rub them through a sieve. Boil slowly the remainder of the sugar and the water twenty minutes. Add the gelatine to the boiling syrup and take from the fire immediately, then add the strawberries. Place in a pan of ice-water and stir very hard for five minutes. Add the whites of eggs and beat until the mixture begins to thicken. Pour in the moulds and set away to harden. Serve with sugar and cream, or with a custard. Raspberry and blackberry sponges are made in the same way.

**Sultana** — Dissolve 1½ ozs of gelatine in a little water, clean ¼ lb of Sultana raisins and ¼ lb of currants and cut ¼ lb of candied lemon-peel into small dice. Meanwhile boil a vanilla bean five minutes in one quart of cream, add ¾ lb of sugar, remove from the fire and let the cream remain covered until nearly cold, take out the bean, beat the yolks of fifteen eggs with the cream, strain, put over a slow fire, and stir until it thickens, taking care not to allow it to curdle, add the raisins, currants, lemon-peel, and dissolved gelatine, and the whites of the eggs, beaten to a stiff froth, pour the whole mixture into a mould, and set it on the ice or in a cool place to harden. When ready to serve, put the mould into warm water for a few minutes, turn out into a dish, and garnish with whipped cream flavored with vanilla.

**Tomato Jelly** — Use the liquor drained from canned tomatoes or the juice extracted by stewing and straining the fresh vegetable. In either case have a pint of the juice in which has been stewed for a few minutes a little on-

ion, parsley, three cloves and a pinch of salt and cayenne. Have ready a half-box of gelatine which has been soaked for an hour in a cupful of cold water, turn this into the boiling juice, stir until the gelatine is dissolved, remove from the fire, and strain through a flannel jelly-bag into a mould to form. Put a half-box of gelatine in a bowl, and pour over it a small cupful of cold water. When the gelatine has been soaked for an hour, add to it a cupful of granulated sugar, the juice of two large oranges with the grated peel of one, the juice of one lemon a pinch of cinnamon and two large cupfuls of boiling water. Stir until the gelatine is dissolved and strain through a flannel jelly-bag into a mould wet with cold water. Allow the liquid to drip through the flannel but do not squeeze the bag, as that will make the jelly cloudy. When cool set the mould containing the jelly in the ice-chest or other cold place for at least twelve hours to form.

**Violet Jelly** —Take a quart of water and a cupful of granulated sugar and boil to a clear syrup for two minutes. Then throw in a double handful of stemmed violets, and slowly simmer on the back of the stove for fifteen minutes strain, dissolve a table-spoonful of gelatine in a little cold water, and mix with the syrup and strain again. Put in enough violet coloring to make it the natural violet tint, and pour in a ring mould to harden. In serving, turn out on a round dish and fill the centre with a pyramid of whipped cream, and put candied violets about in it. Surround the whole with a wreath of the fresh flowers and leaves.

**Wine Jelly** —Soak a package of gelatine for an hour in a cupful of cold

water. At the end of that time stir into it the juice and grated peel of a large lemon and two large cupfuls of granulated sugar. Pour a quart of boiling water over this, and when the gelatine is dissolved add a pint of sherry or Madeira. Strain through a flannel bag into a mould wet with cold water. Set in a cold place to form.

Another way —The stock for it is made from calves feet, and precisely in the same manner as the ordinary calf s-foot jelly (see Calf s-foot Jelly). To a quart of the jelly, clarified, add half a pint or more of Madeira and a glass of brandy, but as this will reduce the strength, a little gelatine, also clarified, say about  $\frac{1}{2}$  oz, will give it the necessary firmness. Time, one hour.

Another way —To one box of gelatine add one pint of cold water, then add 2 lbs of sugar five lemons, whites of three eggs, well beaten, but not to a froth, three sticks of cinnamon. Let boil for seven minutes without stirring add two quarts of boiling water, and a tumblerful of brandy or whiskey. Strain through a bag two or three times, and put in jelly moulds.

Another way —Dissolve a box of gelatine in enough cold water to cover it to this add the juice of three lemons and the rind of one, so let it stand for one hour. Remove the lemon-rind, and stir well 1  $\frac{1}{2}$  lbs of sugar through the dissolved gelatine pour over it (stirring) a quart of boiling water. When this is thoroughly amalgamated add the wine and strain into jelly glasses or moulds and set aside in a cold place to harden. It requires no further cooking if the water is actually boiling when poured over the gelatine and sugar.

Jelly Cake

Wafers

Custard

To Clarify

Custard Tartlets

See Cakes

See Custards

See Jellies

See Pies

Jenny Lind Cake

Jenny Lind Soup

Johnny Cake

See Cakes

See Soups

See Bread

Jugged Veal

See Veal

Julienne Soup

See Soups

Jumbles

See Cakes

Junket — In warm weather this must be made not more than an hour or two before it is needed. Into a

quart of milk stir two table-spoonfuls of powdered sugar, a teaspoonful of vanilla extract, and a table-spoonful of liquid rennet. In a warm room the milk will soon become "set" like a custard when it must be put on the ice until needed. Serve with sugar and cream in the same bowl in which it was formed.



# K

**Kabob** — This is an Indian dish, and is usually made of mutton veal, or fowl. Its peculiarity is that it is cut into pieces seasoned rather highly, then fastened together with skewers and thus both cooked and served. For mutton kabobs, take either the loin or the best end of the neck. Remove the skin and fat, and cut the meat into steaks. Mix half a pint of fine bread-crumbs with a small nutmeg, grated, a dessert-spoonful of powdered mixed herbs, a table-spoonful of salt, a teaspoonful of pepper and a small pinch of cayenne. Beat the yolks of three eggs. Dip the chops into these, and afterwards into the bread-crumbs, twice. Fasten them together in the position in which they were before they were cut, put a skewer through them, tie them to the spit and roast before a clear fire. Baste them liberally with some good dripping and the contents of the pan. Have half a pint of good brown gravy, thickened and flavored, ready to pour over the mutton before sending it to table. Time an hour and a half to roast. Kabobs are frequently curried, or are served with a curry sauce.

**Ketchups**

**See Pickles**

**Kidneys** — The following recipes for cooking kidneys will be found under their respective headings as indicated.

**Kidney, Beef**

**See Beef**

**Omelet**

**See Eggs**

**Mutton.**

**See Mutton**

**Pie**

**See Veal**

**with Mushrooms**

**Kisses**

**See Cakes**

**Koumiss** — Champagne bottles and fine corks are necessary. Fill a bottle three-quarters full of milk, add a table-spoonful of fresh brewer's (beer) yeast and a table-spoonful of sugar syrup. Shake thoroughly, then fill up the bottle with milk and shake again. The corks, which should have soaked in hot water on a stove for at least an hour, are driven in with a heavy mallet, and are then to be tied down securely. Stand them upright in a cool, dark place, say on the floor of the cellar. After two or two and a half days lay the bottles on their sides until required for use. If brewer's yeast cannot be got, bake one fifth of a cake of compressed yeast (dissolved) to each quart of milk.

Koumiss contains the full nutriment of milk and the stimulating qualities of wines and liquors without their ill effects. It is agreeable and refreshing in taste, and highly digestible and nutritive in character.

**Kromesies** are croquettes cooked in the Russian manner. Mince the remains of any cold meat, fish, poultry or shell-fish, as for croquettes, season and shape them, as usual. Instead of dipping them in egg, and afterwards in bread-crumbs cut some slices of cold, fat bacon (boiled) as thin as possible, wrap up the croquettes in these, dip each one in a little frying batter, fry them in hot clarified fat, and, when brown and crisp, arrange on a hot dish, garnish with fried parsley and serve immediately. Kromesies may be made according to any of the recipes given for croquettes, and should be cooked as above.

# L

- Lady Cake.** See Cakes  
**Fingers**  
**Sutherlands**
- Lamb** For various recipes see  
**Mutton**
- Lapland Cakes** See Bread.
- Lard, To**—It is a great improvement to all dry lean meats and requires to be neatly done but for this little practice is all that is necessary. Cut the bacon (which for white meat should be cured without saltpetre for fear of reddening the flesh) into narrow strips of equal length and thickness. Put each strip of bacon which is called a lardoon, into a larding-needle. On the point of this take up as much of the flesh as will hold the lardoon firmly, draw the needle through and the bacon with it leaving about half an inch at each side. Repeat the process as evenly as possible and at equal distances until the meat requiring to be larded is covered with these checkered rows.
- Layer Cake** See Cakes
- Lemons**—The following recipes for using lemons will be found under their respective headings as indicated.  
**Lemon Sherbet** See Beverages also  
 Ices  
**Syrup** See Beverages also  
 Preserves  
**Blanc mûre** See Blanc mûre  
**Cake** See Cakes  
**Citrus Cakes** See Cakes  
**Puffs**  
**Tartlet**
- Lemon Drops** See Candy  
**Cream** See Cream.  
**Custard** See Custards  
**Floaing Island**  
**Meringue**  
**Creams without Cream.** See Fruits
- Rice**  
**Snow**  
**Solid**  
**Sponge**  
**Fritters** See Fritters  
**Ice** See Ices  
**Ice-cream**  
**Jelly** See Jellies  
**Pickled** See Pickles  
**Pie** See Pies  
**Tarts**  
**Turnovers.**  
**Marmalade** See Preserves  
**Dumplings** See Puddings  
**Pudding**  
**Sauce** See Sauces  
**Souffle.** See Souffles
- Lemonade for Invalids** See Fruits
- Lent Salad** See Salads.
- Lentils**—The following recipes for cooking lentils will be found under their respective headings as indicated.  
**Lentils Boiled** See Vegetables  
**Savory**  
**Soup** See Soups
- Lettuce**—The following recipes for cooking lettuce will be found under their respective headings as indicated.  
**Lettuce Salad** See Salads  
**Soup** See Soups  
**Boiled** See Vegetables.  
**Stuffed**
- Lily Cake.** See Cakes

Lima Beans. See Vegetables

Limes, Preserved See Preserves

**Liqueurs** — The name liqueur is applied to any alcoholic preparation flavored, perfumed, or sweetened so as to be more agreeable to the taste. These preparations are very numerous the following are among the principal Absinthe, which is spirit sweetened and flavored with the young tops of a species of *artemisia*. Aniseed cordial, made by imparting to weak spirit the flavor of aniseed coriander, and sweet fennel seed, and sweetening it with a highly clarified syrup of refined sugar. Clove cordial flavored with bruised cloves and colored with burnished sugar. Curacao, made in the West Indies. Kirschwasser is made in Germany and Switzerland from cherry-juice fermented. The name signifies cherry water. Kümmel is prepared in the usual way with sweetened spirit flavored with cummin and caraway-seeds. Maraschino is distilled from bruised cherries. The wild fruit is not used but a delicately flavored variety grown only in Dalmatia. Noyau or Crème de Noyau is a sweet cordial flavored with bitter almonds (bruised). Peppermint consists of ordinary sweetened gin flavored with the essential oil of peppermint which is previously rubbed up with refined sugar, to enable it to mix with the very weak spirit. Chartreuse (yellow and green) prepared from a mixture of herbs, is made by French monks. Eau de Dantzig contains gold-leaf, and is frequently used to ornament jellies. It is made of brandy highly flavored. Vanilla, lemon orange, and other flavors are obtainable at any grocers. All liqueurs are useful in flavoring

See Beverages for recipes of home-made liqueurs or cordials

Little Creams (for luncheon)

See Creams

Liver, Beef See Beef

Liver, Calf's See Veal

Liver Force-meat See Force-meats

Loaf Cake See Cakes

Loaf, Veal See Veal

**Lobsters** — The following recipes for cooking lobsters will be found under their respective headings as indicated

Lobster à la Newburg See Fish

Baked

Broiled

Casserole of

Coral Sauce

Coquilles of

Creamed

Curried

Farce

Fricassee

Jellied

Patties

Ragout of

Salad, Marseillaise

Shells of

Soufflé

Stewed

Stuffed

Salad See Salads, also Fish

Salad Dressing

Salad Loaves

Sauce See Sauces

Soufflé See Soufflés

Soup or Bisque See Soups

Louise Pudding See Puddings

# M

## MACARONI, SPAGHETTI, VERMICELLI, NOODLES, POLENTA, ETC.

Macaroni requires abundance of water to cook properly, at least three quarts of salted boiling water to  $\frac{1}{2}$  lb of macaroni. The water should boil rapidly and the macaroni should be stirred occasionally with a fork. It should boil thirty-five minutes for the small and three-quarters of an hour for the large. After the macaroni is cooked it should be thoroughly drained in a colander. Vermicelli and spaghetti require less time than macaroni in boiling.

Another way — Put half the contents of the package into the saucepan. Cover with plenty of cold water and boil slowly on the back of the range about three-quarters of an hour. Drain thoroughly, place the macaroni in a pudding-dish season with salt and pepper add one cupful of cold milk and sprinkle in three table-spoonfuls of grated cheese (Parmesan or Gruyère preferred) and one table-spoonful of butter. Bake until brown.

*Sauce for Macaroni* — Take a carrot a small onion a bit of celery a leaf of thyme half a bay-leaf two peppers one clove a bit of parsley and fry them in a table-spoonful of butter. When the vegetables are well colored stir in two table-spoonfuls of flour and let the flour brown. Add a quart of tomatoes and simmer for half an hour. Stir this frequently and when it is done strain it through a sieve. Add a teaspoonful of salt a salt-spoonful of pepper, and a teaspoonful of sugar. This tomato sauce will be enough for  $1\frac{1}{2}$  lbs of macaroni.

But the sauce will keep a long time in cold weather. Take a large dish put a layer of macaroni in the bottom put a table-spoonful of Parmesan cheese over it, and moisten it well with the tomato sauce. Continue this till the dish is full and cover it with tomato sauce. Set the dish of macaroni in the oven for about ten minutes, and then serve it.

*Macaroni, Baked, with Oysters* — Boil it until tender. Butter a baking-dish and put in a layer of macaroni. Sprinkle with salt paprika, cracker dust and tiny bits of butter. Alternate layers of macaroni and oysters until the materials are used having macaroni for the top layer. Pour over all the liquor from the oysters and half a cupful of cream. Bake thirty-five minutes in a hot oven covering the dish with a tin plate the first fifteen minutes.

*Macaroni au Gratin* — Boil and drain as usual. Put the macaroni in a saucepan with a little butter and equal parts of Parmesan and Swiss cheese grated. Stir gently and as soon as the cheese has melted, serve.

*Macaroni Milanese* — Boil the macaroni as usual drain it in a colander then put it into a deep earthen-ware baking-dish in successive layers of macaroni and grated cheese. A little cayenne pepper greatly improves the flavor also. Lay

on the top, heaped with butter  $\frac{1}{4}$  lb being enough for a large dishful. Pour over it enough unskimmed morning's milk to cover the whole and bake in a regularly heated oven for fifteen or twenty minutes. Serve up quickly and do not let it become dry by exposure to too intense heat. Be careful in purchasing macaroni to get the genuine Italian article.

**Macaroni, Paté of** — Boil 6 or 8 ozs. of macaroni in good veal broth, drain, and cut it into equal lengths of two inches. Cover the bottom of a pie-dish with macaroni, and on this lay a quenelle of forcemeat placed equally with any kind of poultry or game boned and in fillets, sweetbreads, cocksoombs, previously stewed with truffles or mushrooms and minced. Put these with alternate layers of the macaroni and meat and an equal quantity of cream and rich gravy to fill the dish. Bake with a crust over the top. Parmesan cheese should accompany this dish, or it may be mixed with the macaroni. Time, thirty minutes to swell the macaroni, to bake, half an hour.

#### Macaroni Pie and Game.

See Game

**Macaroni Soup** — Plan beef soup to which macaroni is added just before serving. The macaroni should have been previously boiled.

#### Macaroni Timbales

See Noodles, Timbales

**Macaroni, Titellis** — Take  $\frac{1}{2}$  lb of macaroni, boil it in salt and water until soft. Take one quart of tomatoes, half a pint of water, 2 ozs. of fat bacon. Cut into small pieces one onion, a small bunch of parsley, and boil all these ingredients together for half an hour. Then pass the mixture through a colander and add a tablespoonful of butter, seasoning with pepper and salt to your taste. Put it on the fire again, and let it boil five minutes. Let the macaroni and the to-

mato sauce both be very hot. Put a layer of macaroni and one of grated cheese, then pour a ladleful of the sauce over it and so on. Arrange it in a tureen and serve as soup. It is eaten from deep plates, although not liquid and generally relished. Macaroni prepared after this recipe may be used as a vegetable.

**Noodles, Buttered** — Throw the noodles into boiling water, and let them boil for ten minutes. Take them up with a strainer, put them on a hot dish, melt some fresh butter in a stewpan, sprinkle a large handful of bread crumbs in it, and let them remain until they are lightly browned, then put them upon the noodles. Clarify a little more butter if the first portion was dried up in browning the crumbs and pour it over the dish, serve very hot. Time, ten minutes to boil the noodles.

**Noodles, or Nouilles** — Noodles are made of delicate pastry cut up into ribbons and various shapes and used as a substitute for vermicelli and macaroni either in making fritters or puddings or for serving with cheese or in soup. Take  $\frac{1}{2}$  lb of fine flour, put it on the pastry-board, make a hole in the centre and in this put two eggs. Add a pinch of salt,  $\frac{1}{2}$  oz of butter, and a teaspoonful of cold water, and mix all together into a very firm, smooth paste. Leave it a little while to dry, then roll it out as thin as possible, and cut it into thin bands about an inch and a quarter in width. Dredge a little flour upon these and lay four or five of them one above another, then cut them through into thin shreds, something like vermicelli. Shake them well, to prevent their sticking together, and spread them out to dry. Noodles cannot be made without a straight rolling-pin and smooth pastry-board. When wanted for use, drop them gradually into boiling water, stirring gently with a wooden spoon to keep them from getting lumpy. Let them boil from six to twenty minutes, then take them up with a strainer, drain



with salt and pepper. Grate the yolks of the hard-boiled eggs over the top of the dish set in the oven a moment until well heated and serve.

**Vermicelli** — Vermicelli is a preparation of whiten flour of a substance similar to macaroni. It is in the form of ten threads and derives its name from its worm-like appearance. It is used in soups and broths, and for making puddings, etc.

**Vermicelli à la Reine** — Blanch the vermicelli in boiling water drain it and throw it in a sauce rich with some well seasoned. When done a short time before serving thicken it with the yolks of eight eggs mixed with cream and pour the vermicelli into the tureen for fear the thickening should get too much done which

would be the case if it remained on the corner of the stove.

**Vermicelli, Timbale** — Put in a saucepan one quart of milk, with  $\frac{1}{4}$  lb. of granulated sugar one teaspoonful of vanilla extract, or any preferred flavor and one tea spoonful of good butter when at the boiling point add  $\frac{1}{2}$  lb. of vermicelli. Cook twenty minutes remove from the fire and cool. Add to the vermicelli two whole eggs mix well and lastly add four table spoonfuls of whipped cream. Mix again. Butter a quart mould pour the vermicelli in it. Put the mould in a deep pan half filled with hot water. Bake in a hot oven for twenty minutes. Put a round hot plate over the mould and turn the timbale out. Serve around it a hot marmalade of fruits the kind to suit the taste.

**Macaroon Ice-cream.** See Ices

**Macaroons** See Cakes

**Macédoine of Fruits** See Fruits

**Macédoine Jelly** See Jellies

**Mackerel** — The following recipes for cooking mackerel will be found under their respective headings as indicated.

**Mackerel Baked** See Fish  
**Baked Fillet of Boiled (Fresh) Broiled Spanish, Salad**

**Madeira Cream.** See Creams

**Mahogany Cakes** See Bread

**Maitre d'Hotel Butter** See Butter

**Maitre d'Hôtel Sauce** See Sauces

**Mangoes** — The following recipes calling for mangoes will be found un-

der their respective headings as indicated.

**Mangoes Oil** See Pickles  
**Pepper Stuffed**

**Maple Sugar** — The following recipes for cooking maple sugar will be found under their respective headings as indicated.

**Maple Cream Cake** See Cakes  
**Laver Cake**  
**Balls** See Candy  
**Caramels**  
**Creams**  
**Taffy**  
**Cream Custard** See Custards  
**Mousse** See Ices

**Maraschino Flummery** See Custards

**Maraschino Ice-cream.** See Ices

**Marble Cake.** See Cakes

**Marble Veal.** See Veal

**Marinade** — A marinade is a flavored pickle in which fish and meat are soaked for a while before being cooked. Sometimes the liquor and seasoning are boiled together, and allowed to get cold before being used. The marinade can then be employed again and again, if it be boiled occasionally. When a small quantity only is required, the marinade is used raw.

**Marinade, Cooked** — Fry two onions, two carrots, two bay-leaves, three shallots, a bunch of parsley, a sprig of thyme, and a clove of garlic in 3 ozs of butter. Pour on one quart of water and one quart of vinegar and boil for three minutes. Add pepper and salt, and store for use.

**Marinade, Raw** (for small portions of food such as fillets of fish and slices of poultry) — Put a faggot of herbs with a little pepper and salt into a dish, pour on it a gill of vinegar and a table-spoonful of oil. If liked, onion may be used instead of or as well as herbs.

**Marinated Eggs** See Eggs

**Marlboro Tarts** See Pies

**Marmalades,** See Preserves

**Marrons,** See Chestnuts

**Marsh-mallows** See Candy

**Marzipan.** — Take 2 lbs of shelled almonds and loosen the skins by throwing them into hot water and then blanch them by repeated baths of stone-cold water, and when dry bray them half a dozen at a time in a marble mortar, with a sprinkle for every half-dozen either of rose-water or of orange flower, as the taste directs the latter being a little more pungent. If to about every two dozen sweet-almonds one bitter-almond is added the product is a trifle more spirited than without the bitter-almond, but it is optional. The grinding of the nuts into a smooth mass is not a very

quick one, as it has to be kept up till the almonds are reduced to a thick smooth consistency, and the longer the grinding in the mortar is done the smoother is the result, and it is desirable that it should be almost as smooth as oil. When as smooth as you can get it, add an equal weight of confectioner's white sugar, or honey, and put it on the stove in a porcelain saucepan or in a double boiler, continually stirring and smoothing and pressing it together with a big wooden spoon. Whether sugar or honey, work it together till it no longer clings to the side of the saucepan and has become a tolerably compact mass, then remove from the fire, and after it is sufficiently cool pour it out on a clean bread-board, and work into it, as if it were a lump of dough, another pound of the sugar, and that done, roll it into a long strip from a quarter to a half inch thick, and cut it into lozenge-shaped or circular cakes two or three inches in diameter. Put a narrow rim of the paste round the cake, and then set it into a warm oven, but not a hot one just long enough to give it the faintest color imaginable, or let it dry off naturally, and so keep it snow-white. It is now good enough to set before the king without anything more.

**Mayonnaise Dressing**  
See Salads, also Sauces

**Meagre Soup** See Soups

**Meat, Extract of.**  
See Extract of Meat

**Meats** — A complete list of recipes for cooking beef will be found under Beef for cooking veal, under Veal, for cooking mutton under Mutton, for cooking lamb under Mutton, for cooking pork, under Pork. See also the various divisions of recipes under Soups, Sauces, Sandwiches and Canapés, Game, Salads, Gravies and Thickenings, Force-meats and Stuffings, etc, etc, and special articles or



combinations of meats under their respective names, such as Sausages, Olla Podrida Agrodolce, Sweetbreads, Tripe, etc., etc

**Meats, Potted** —To pot meat is one way of preserving it longer than would be possible in the ordinary way, and in potting it this is done by pounding the flesh to a pulp in a mortar, mixing it with salt and spices, pressing it into a jar, and covering it with a thick coat of melted butter or lard to exclude the air. The jar is then tied down tightly with bladder or oiled paper. The remains of any tender, well-roasted meat will answer just as well for potting as if it were dressed for the purpose, but care should be taken first that the meat is cut through and that every little piece of skin, fat, sinew, and gristle is removed and afterwards that it is pounded so thoroughly that not a single lump is to be found in it. Care is required, too, in seasoning it and it is better to add the spices gradually, and to keep tasting the meat until it satisfies the palate—for additional spice can be put in when it cannot be taken out. At the same time potted meat is worth nothing unless it is pleasantly flavored and it is almost universally liked rather highly seasoned. The meat should be cold before it is cut, and the butter should be cool before it is poured upon the paste. The gravy, too, should be drained thoroughly from the meat, or it will not keep. Dry and salted meats will need more butter than fresh white ones.

Meringues See Cakes

Meringue Sauce See Puddings

Merveille Salad See Salads

**Milk** — Absolutely clean bottles are necessary to sterilize milk. Soak them in soda and hot water and scald with boiling water just before using. The fresher the milk the better. Put the milk in the bottles and cork them

tight with antiseptic cotton, lay them in cold water and boil for at least an hour, and do not take them out until the water is cold, nor remove the stopper until the milk is to be used.

To scald milk, put it in a double boiler. As soon as the water in the lower pan boils, the milk is scalded.

Sour milk is useful for many purposes, especially in making biscuits, etc.

When sour milk or molasses is used in baking omit cream of tartar or baking-powder, using soda only.

Milk Punch. See Beverages

Milk Scones See Bread  
Toast "

Milk, Sour See Bonny Clabber

Mince-pies and Mince-meat  
See Pies

Minced Mutton. See Mutton

Minced Veal. See Veal

Mint Sauce See Sauces

Miser's Sauce See Sauces

Mixed Catsup See Pickles

Mixed Fruit Pudding  
See Puddings

Mixed Pickles See Pickles

Mixed Preserves See Preserve

Mixed Salad See Salads

**Mixing** — Liquids and dry materials should be mixed separately. When mixing a liquid with a solid or dry material the liquid is to be added very slowly and stirred constantly to avoid lumps.

Mock Crab Bisque See Soup

Mock Turtle Soup. See Soup

**Molasses** — The following recipes calling for molasses will be found under their respective heads as indicated

**Molasses Candy** See Candy  
**Fruit Cake** See Cakes  
**Layer Tarts** See Pies  
**Pudding** See Puddings

**Mousseline Pudding** See Puddings

**Mousses** See Ices

**Muffins** See Bread

**Mullet à la Maître d'Hôtel** See Fish

**Mulligatawny with Chicken.** See Soups  
 with Veal  
 with Vegetables  
 See Soups

**Mush, Indian-meal.** See Porridge  
 Wheat

**Mushrooms** — The following recipes for cooking mushrooms will be found under their respective headings as indicated

**Mushrooms à la Bordelaise** See Vegetables  
 à la Cassetout  
 à la Créole  
 Devilled  
 for Garnish  
 Fricassee  
 Grilled  
 Ragout  
 Scalloped  
 Stew  
 Toast  
 Omelet See Vegetables,  
 also Eggs

**Mushrooms Force-meat of** See Force-meats  
**Stuffing for Turkey** See Force-meats  
**Catsup** See Pickles  
**Sauce** See Sauces

**Muskmelon Pickles** See Pickles

**Mussels à la Marinière** See Fish  
 au Gratin

**Mustard, Indian** — To a mixture of mustard and flour in equal quantities, rubbed to a smooth, stiff paste with boiling water add a little salt, and reduce the thickness as follows Boil down four shallots, shred finely with a wineglassful each of vinegar and mushroom catsup and half a glassful of anchovy sauce In ten minutes pour these ingredients, boiling hot into the basin over the mustard-and-flour mixture stirring until it is smooth and of the proper consistency Put a shallot, bruised into each bottle when stored Indian mustard will keep for some time and is excellent as a breakfast relish Time ten minutes to boil Sufficient for  $\frac{1}{4}$  lb of mustard

**Mustard Sauce.** See Sauces

**Mustard, Tartar** — Moisten with equal quantities of horseradish and chilli vinegar  $\frac{1}{4}$  lb of the best mustard to which a teaspoonful of salt has been mixed Add the liquids gradually and rub with the back of a spoon until smooth Less chilli vinegar and a little tarragon, if approved will make an excellent mustard, or more horseradish vinegar may be used, while the other vinegar is diminished in quantity Sufficient, a quarter of a pint of vinegar

## MUTTON AND LAMB

The recipes for lamb sheep kidneys etc, will be found at the end of the mutton recipes

The best mutton is that of sheep

from four to five years old It is all the better if kept for a few days before it is used Like all young animals lamb ought to be thoroughly



pepper and salt. Roll the cutlets up in the paper to preserve the gravy, broil them on the gridiron, and serve them up in the paper, with mushroom sauce and, as a vegetable, green peas.

Another way — Cut some mutton cutlets round, and not too thick, dip them into egg and bread-crumbs, then into chopped mushrooms, then into the egg and crumbs again, and fry in butter a light brown. When sent to table, pour over them a little good gravy of either beef or veal.

**Mutton Fillets Mignons** — Cut three slices from the middle of a large-sized leg of mutton each slice about three-quarters of an inch thick and remove the fat and skin. Cut from each slice two round fillets. Rub both sides with half a salt-spoonful of salt, quarter of a one of pepper. Put in a skillet one heaping table-spoonful of butter when melted and hot place the fillets in it. Cook four minutes on each side. Do not prick the fillets while turning or removing them as the juice would run out. They must be served as soon as cooked in order to be perfectly juicy.

**Mutton, Fillets of** — Procure two fillets from a loin of mutton pare off all the sinewy skin which lies beneath the fat and cut them in two when they are trimmed. Roll them in two table-spoonfuls of melted butter, which has been seasoned with one teaspoonful of salt and one salt-spoonful of black pepper. Roll them afterwards in plenty of bread-crumbs. Broil them for five minutes but not fast and on each side. Melt two table-spoonfuls of good butter add to it one table-spoonful of parsley chopped fine and one teaspoonful of lemon-juice. Pour over the fillets, and serve very hot.

**Mutton or Lamb Pot-pie** — Cut 3 lbs of lean mutton into small squares. If there are any bits of fat and gristle remove these. Put the meat over the fire in a saucepan

with enough cold water to cover it. Bring very slowly to the boil and simmer gently for an hour. Now add a cupful of salt pork cut into tiny dice and stew for a half-hour longer. Season with salt, pepper, and kitchen bouquet to taste. Make a biscuit dough of a pint of flour sifted twice with a half-teaspoonful of salt and a teaspoonful of baking-powder. Wet with enough milk to make a soft dough, and roll this out quickly and lightly. Cut this dough into strips one inch wide and two inches long, and drop into the boiling stew. Cover the saucepan closely and cook for ten minutes after the dough-dumplings are added. Remove from the fire, turn into a deep platter, serve at once.

**Mutton, Leg of, Boiled** — For boiling, this joint should not hang so long as for roasting. Two or three days will be enough if the color is considered of importance. Thus and careful skimming will prevent the necessity for a floured cloth which some inexperienced cooks resort to. Cut off the shank-bone, and if necessary wipe the joint with a damp cloth. Put it into a large oval stewpan with as much boiling water as will cover it. When restored to its boiling state, skim the surface clean, and draw the stewpan to the side of the fire to allow the contents to simmer until done. Allow for a leg of mutton of 9 or 10 lbs two and a half hours from the time it boils. Boil very young turnips for a garnish these will take twenty minutes but allow an hour for older ones which are to be mashed. Place the turnips which should be of equal size round the dish and send the mashed ones to table separately. Melted butter with capers added should accompany the dish. The liquor from the boiling may be converted into good soup at a trifling expense. Time, about twenty minutes to each pound.

**Mutton, Leg of, Boned and Stuffed** — Having removed the bone from a small leg of mutton, fill the



four carrots, two turnips, two middle-sized onions, each stuck with two cloves, a stick of celery, two blades of mace, and a few peppercorns, with enough weak stock to cover. Stew gently for three hours, then reduce the stock by rapid boiling, and brown the meat in the oven, using a little of the stock with what flows from the meat to baste, and when glazed to a light color serve with the sauce poured over it. See Sauces.

Another way — Small lean mutton is particularly adapted to this mode of cooking. It may be larded and braised or done without the larding. Put it into a braising-pan with slices of bacon over and under, so that the bottom of the pan shall be well lined. Between the mutton and bacon strew cut carrots, onions, sweet herbs, parsley, and a bay-leaf, also a bit of garlic, if liked, and pepper and salt. Moisten with half a pint or more of good meat gravy or broth, and allow a leg of 6 or 7 lbs to stew nearly four hours. If stewed very gently the liquor will not have lost much in quantity. When the meat is done enough, strain, reduce the gravy by quick boiling and serve in a tureen. Glaze the mutton and send it to table garnished with onions or white beans boiled in good veal broth. A dozen peppercorns and four cloves with a stick of celery may be added to the braising-pan if a higher flavor is liked.

Mutton, Leg of, Roast — Rub it lightly with salt and put it at once in a very hot oven for the first five minutes then shut off the draught, and let it roast more slowly, in a moderate oven until done. Baste continually with a little good dripping until that from the joint begins to flow. When within twenty minutes of being done dredge it with flour and baste with butter or dripping and when the froth rises serve on a hot dish. Add a little extract of meat to the gravy in the pan and a little boiling water, and pepper and salt. Pour the gravy

round the meat, not over it. Time fifteen minutes per pound, and fifteen minutes over.

Mutton, Minced (with poached eggs) — Chop cold boiled or roast mutton quite fine. Put two cupfuls of this into the frying-pan with half an onion minced, and half a cupful of good gravy. If you have none, use instead a little hot water and a lump of butter the size of an egg. Just before taking the mince from the fire, stir into it a table-spoonful of Worcestershire sauce or two table-spoonfuls of tomato catsup. Heap the mince on small squares of buttered toast laid on a hot platter and place a poached egg on top of each mound. Serve very hot.

Mutton Patties — Line some tartlet-moulds with a good paste. Take an equal weight of lean mutton from the fillet and fat bacon, which pound together. Season to taste with salt a very small quantity of spice and cayenne pepper. Place a round ball of the meat into each patty-pan cover with paste, and make a small hole in the centre. Bake in a quick oven and pour into each patty through a funnel a little well-seasoned gravy or glaze before the patties get cold. Time, about twenty minutes.

Mutton, Potted — Cut into thin slices and then pound together in a mortar 8 ozs of well-dressed roast mutton freed from fat and sinew and half that quantity of boiled tongue then mix with the pounded meat 3 ozs of good fresh butter, and add while pounding a salt-spoonful each of made mustard and white pepper with a quarter of a grain of cayenne and salt if required. Store in a cool place and in an earthenware jar or in several small ones over which should be run some clarified butter.

Mutton, Ragout of, French — Place 3 ozs of butter in a stewpan as it melts stir in two table-spoonfuls of flour continue to stir until it is

meek browned then put in the mutton cut into square pieces and sufficient water to nearly cover the mutton, flavor with a few sprigs of parsley which must afterwards be removed. Add two lumps of sugar and pepper and salt to taste. When it has once boiled, remove to the side of the fire and let it simmer for an hour. Fry to a nice brown three good sized turnips previously cut into dice put them into the stewpan with the meat and simmer for a couple of minutes. Arrange the ragout upon the dish placing the turnips in the centre and the pieces of meat round the edge. Pour the sauce over the whole, and serve very hot.

**Mutton, Saddle of.**—Remove from a saddle of mutton all uncuttable portions and loosen the skin. Roast for one hour before a clear fire turning it often. Remove the skin sprinkle on flour and salt and roast again half an hour basting often. Thicken the gravy in the dripping-pan, and pour it over the mutton when done. Serve upon a very hot dish.

**Mutton Sausages** — A delicate sausage is made from the remains of an underdone leg of roast mutton, or any other joint from which slices can be got without fat. Chop 1 lb of lean, underdone mutton and 6 ozs of beef suet separately, then mix them with 4 ozs of finely prepared bread-crumbs and put them into a bowl with a pint of oysters and two anchovies also minced, a seasoning of thyme, marjoram and powdered mace, and some pepper and salt. Moisten with two beaten eggs, and a little of the anchovy liquor, if required. Make into a firm paste and roll into sausages or make into balls. The meat will keep for a few days. Time to fry, seven or eight minutes.

**Mutton Stew** —Cut the cold mutton into thin slices, taking care to remove the gristle skin or sinew that may adhere. The pieces taken off

can be put by to make gravy or broth. Put into a stewpan the pieces wanted for a stew, pour over them a little gravy that has been boiled with a very little thyme and a few peppercorns, add a few drops of essence of celery, or three or four celery heads can be boiled with the thyme in the gravy, let the meat warm slowly after adding the hot gravy. Just before sending the stew to table take out the meat, dredge a little flour into the liquor let it simmer a few minutes put back the meat, and allow it to heat up well.

Another way —Cut six or seven slices from a cold leg of mutton, remove the skin and fat, cut into small pieces and put in a stewpan, sprinkle flour over the whole then prepare the sauce in a soup-plate thus. Cut a leek very small add a dessert spoonful of red currant jelly, and pickled onion or gherkin, mix it up with a fork with the leek. Take a little chutney four teaspoonfuls of Worcestershire sauce, two of catsup, one of essence of anchovy, and four table-spoonfuls of stewed tomatoes, add a very little water, and pour all over the meat. Let it simmer ten minutes then serve in a hot dish.

**Mutton, Stuffed Shoulder of** — Have the bones removed from a shoulder of mutton leaving only a short piece to make a handle. Sprinkle inside and all over half a table-spoonful of salt and one salt-spoonful of pepper. Boil for twenty minutes only one quart of potatoes in their jackets and put them for ten minutes in the oven to dry them well. Chop fine two table-spoonfuls of onions, put half a table-spoonful of butter in a small saucepan, and cook the onions in it four minutes. Peel the potatoes chop them fine, add the onions and 1 lb of sausage meat seasoned with half a table-spoonful of salt and one salt-spoonful of black pepper. Mix everything well, fill up the inside of the shoulder very full. Stitch it, place it in a roasting-pan with one gill of broth,

roast it for an hour, then add the remaining stuffing in the roast-pan all around the meat. Cook forty-five minutes longer. After the first thirty minutes, baste every fifteen minutes. Serve the stuffing around it.

**Braised Lamb**—Wipe a hind-quarter with a damp towel, slice one carrot, one onion and one turnip in the bottom of a braising-pan, add a stalk of celery, a bunch of sweet herbs, a sprig of parsley, and six whole cloves. Lay the lamb quarter on top of the vegetables, pour over a pint of stock and dredge with salt. Put on the lid of the pan, set in a hot oven, and let cook ten minutes to every pound of meat. When done, take up on a heated dish, strain the gravy and season it with a table-spoonful each of Worcestershire sauce and mushroom catsup. Pour around the dish, and serve with currant jelly.

**Breast of Lamb, Broiled**—Put two breasts of lamb weighing about 1½ lbs each in a soup-kettle together with three quarts of cold water. Put on the fire and watch for the boiling-point to skim well. Season afterwards with one teaspoonful of salt, one salt-spoonful of black pepper, one large, red onion with two cloves stuck in it, two medium-sized carrots, one white turnip, a bouquet of two leeks, three sprigs of parsley, one white branch of celery, one small bay-leaf. Cook for two hours. Lift the meat from the kettle, take the bones out and trim the meat neatly all around. Sprinkle on both sides half a teaspoonful of salt, half a salt-spoonful of pepper. Melt in a cup two table-spoonfuls of butter, rub the breasts over with the butter and afterwards sprinkle all over with fine white bread-crumbs. Place over the broiler and broil for eight minutes on each side. Serve on a hot platter. A good soup could be served from the broth of the lamb. Cut all the vegetables in small pieces, add one pint of raw potatoes also cut small, and cook thirty minutes longer.

**Chicory Pures for Breast of Lamb**—Remove the coarse leaves and stems of six heads of chicory, cut the centre of it, reserve the heart part and put it in cold water, to use it as a salad with French dressing. Wash well the other parts and put them in a large kettle with plenty of salted boiling water, and cook twenty minutes. Drain in a colander, then plunge in cold water to cool thoroughly. This makes all green vegetables much sweeter. Drain again—squeeze all the water off. Put in a clean saucepan half a table-spoonful of butter, half a table-spoonful of flour, cook for three minutes while stirring, do not brown. Add the chicory, and mix well. Pour slowly over this half a pint of the broth of the lamb and half a salt-spoonful of pepper, cook slowly for ten minutes, remove from the fire, beat the yolks of two raw eggs with three table-spoonfuls of raw cream and half a table-spoonful of butter, add to the chicory and mix again.

**Breast of Lamb, Collared**—Bone the lamb, rub it over with the yolk of an egg, grate over it a little lemon-peel, nutmeg, pepper and salt, chop up two table-spoonfuls of capers, two anchovies, some parsley, and a few sweet herbs, mix with bread-crumbs and spread over the lamb, roll it up, and boil two hours, take it up and put it into a pickle.

**Breast of Lamb, Grilled**—Score the top, brush over with the beaten yolk of an egg, dredge with salt and pepper, cover with a layer of bread-crumbs and set in the oven, baste every fifteen minutes with butter. When done, take up, garnish with currant jelly, and serve with caper sauce.

**Lamb Cutlets in aspic** make a novel dish for the head of the table. Either braise or roast the best end of a neck of lamb and when cold trim into daintily shaped cutlets, not too thick.



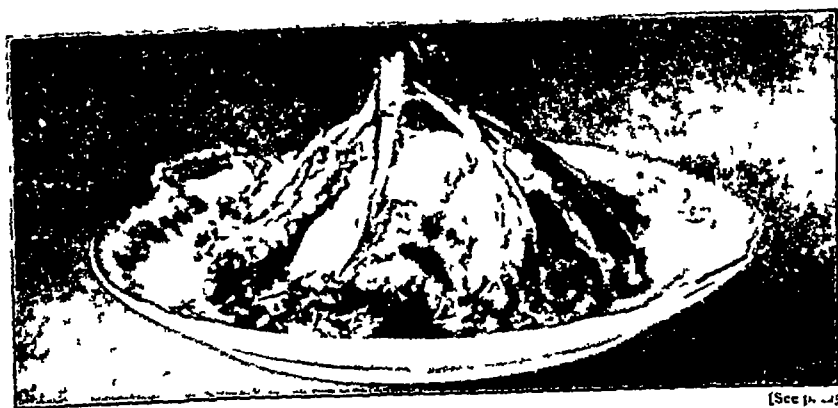


PAKISTANI CHICKEN STEAK



JITTED CHICKEN WITH ASPIC JITTA

(S. 1)



CHOPS WITH PYRAMID OF POTATO

(See p. 25)



Have ready a pint of stiff aspic jelly, flavored, a little sugar, and some French vinegar, besides the ordinary flavoring, and when it is strained, but still liquid, mix into it four table-spoonfuls of finely chopped mint. Pour a thin layer of this jelly, not more than the tenth of an inch deep, into a flat, shallow tin, and when it is thoroughly set place the cutlets thereon and pour more of the liquid mint jelly on them, so as to just cover them. When it is set and stiff, pass a sharp knife round the outline of each cutlet, so as to cut it out from the surrounding jelly. Pass a cloth wrung out in warm water lightly under the bottom of the tin, and the cutlets will be easily detached each neatly, masked with jelly on both sides. Dish them in a wreath round a mayonnaise of green peas or a salad of peas simply dressed with oil and tarragon vinegar. Chop up the fragments of jelly which remain in the tin and garnish therewith the base of the cutlets. The mint may be omitted.

**Lamb Cutlets, Glazed** — Take thick lamb chops weighing three to the pound prepared in the French way and with short handles and flatten them gently with the kitchen knife. Season each side with one salt-spoonful of salt and quarter of one of pepper. Put in a skillet two table-spoonfuls of butter for six chops. When melted but not brown, cook the chops in it, three minutes on each side in order to have them slightly rare. Remove to a platter to cool, and drain from the butter. Have ready meat-juice prepared as follows: For one quart of juice put in a saucepan, over a moderate fire, one and one-half table-spoonfuls of butter, 2 lbs of veal cutlets, 1 lb of rump of beef. Cook fifteen minutes to a golden brown. Pour over slowly two and one-half quarts of warm water. Add two calf's feet split in halves, and two beef and veal bones of ordinary size. Season with one tea-spoonful of salt and one salt-spoonful of pepper, a bouquet of four sprigs of

parsley, one small bay-leaf, two cloves, one small branch of celery, three carrots cut in pieces, and three onions of medium size. Let it boil fast at first, but immediately afterwards moderate the fire and cook slowly for two and one-half hours. The saucepan must not be entirely covered — a necessary caution, or the glaze will not be clear. Remove the meat and vegetables to a platter. Strain in a bowl through a silk strainer or a clean napkin dipped in cold water. Cool for two hours, and skim carefully, removing all the fat from the surface. Put a quarter of this glaze on a platter and dip each chop in it until well covered. Remove to another platter taking care that the chops do not touch each other. If one coat is not thick enough, dip the chops a second time. Keep the balance of the glaze on ice ready to serve, then with a knife break it, not too fine, garnish the chops all around, and put some in the centre on top of the bread. This glaze is very nourishing, not expensive, and excellent for invalids. The meat and vegetables cut in small pieces make a good salad served with French dressing and a little chopped parsley and new onions.

**Lamb Stew with Green Pease** — Procure two fat breasts or a shoulder of lamb weighing about 3 lbs, and cut in equal pieces two by three inches, brown the meat for ten minutes in a table-spoonful of butter, then remove the meat. Put in the gravy one and one-half table-spoonfuls of flour stirring thoroughly. Put the meat back, mix well, and pour over slowly three pints of warm water, a half table-spoonful of salt, two pinches of pepper, and a bouquet of three sprigs of parsley, half a branch of celery, half a bay-leaf, one very small sprig of thyme, and two cloves stuck in one onion. Tie the bouquet so you can remove it before serving. When the boiling-point is reached skim carefully. Cover the saucepan, cook fifteen minutes, then add one pint of

freshly shelled pease, one pint of small new potatoes, and half a pint of small white onions. Cook slowly thirty minutes more.

**Lamb, Shoulder of, Stuffed** — Remove the bone from a shoulder of lamb, fill the space with bread stuffing, and sew up. Put into a large saucepan over two or three thin slices of fat pork, a small onion, and a bunch of sweet herbs. Dredge the meat with salt and pepper, and pour over a quart of stock. Set over the fire to stew gently for two hours. When done, take from the saucepan, set to keep warm, boil the gravy down very low, and strain over the meat. Serve with green pease.

**Mutton Kidneys en Brochette** — Take six lamb kidneys cut through the centre and remove the white veins and fat. Wash well in cold water and drop in boiling water. Let stand for five minutes, drain, and wipe dry. Cut very thin slices of fat bacon the size of the pieces of kidney. Place one piece of kidney on a skewer, then a piece of bacon, then kidney and bacon on each skewer until all are ready. Lay them on a broiler, set over a clear fire. Baste with butter, broil and turn for five minutes. Dust lightly with salt and pepper and serve on the skewers. The bacon may be omitted. One table-spoonful of chopped parsley mixed with one table-spoonful of butter and half a teaspoonful of lemon-juice can be made up in little balls, serving one of them with each kidney.

**Mutton Kidneys à la Française, Stewed** — Remove the skins from half a dozen fine mutton kidneys and cut them lengthwise into slices a quarter of an inch in thickness. Season each piece rather highly with salt and cayenne and dip it into some finely powdered sweet herbs—namely parsley and thyme two-thirds of the former and one of the latter. Three or four finely minced shallots may be added if liked. Melt a good-sized piece of butter in the frying-pan and put in the

kidneys. Let them brown on both sides. When nearly cooked, dredge a little flour quickly over them, add a quarter of a pint of boiling stock or water, a table-spoonful of mushroom catsup, and the strained juice of half a lemon. When the gravy is just upon the point of boiling, lift out the kidneys, put them on a hot dish, add two table-spoonfuls of either port or claret to the sauce, let it boil for one minute, then pour it over the meat. Garnish with fried sippets. Time, six minutes to fry the kidneys.

**Mutton Kidneys à la Maître d'Hôtel** — Broil three or four kidneys, lay them with the rounded side downward and put about 1 oz. of maître d'hôtel butter, prepared as follows, upon each one. Put 4 ozs. of fresh butter into an enamelled saucepan, add a little salt and cayenne, a table-spoonful of finely minced parsley and a dessert-spoonful of strained lemon-juice, work these ingredients well together with the point of a knife, in a cool place. When thoroughly mixed, divide the butter into equal parts, put a piece upon each kidney, and serve. Time, about six minutes to broil the kidneys.

**Mutton Kidneys à la Tartare.** — Broil five or six kidneys. Put them on a hot dish and serve the following sauce with them, which should be prepared before the kidneys are put on to broil. Beat the yolk of an egg for two or three minutes. Add very gradually in drops at first, six teaspoonfuls of oil and then one of tarragon vinegar. Beat the mixture well between every addition or the oil will float at the top. Repeat until the sauce is of the consistence of thick cream. Four table-spoonfuls of oil and one of vinegar will be about the quantity required. Add a pinch of salt, a small pinch of cayenne pepper, a table-spoonful of unmixed French mustard, five or six gherkins, three shallots, finely minced, a teaspoonful each of chopped parsley and chives and half a teaspoonful of chilli vinegar. Put



# N

Nannie's Scones      See Bread

Napoleons      See Pies

Nasturtium Pickles      See Pickles

**Nasturtium Seeds**—Gather while still young and green, soak them in salt water for a day. Dry them, put in bottles, and cover with cold vinegar which has been spiced by salt, horseradish, cloves, etc. Cork and store in a cool place. They will be ready for use in six months and form an acceptable substitute for capers with boiled mutton.

Neapolitan Ice-cream      See Ices

Neapolitans      See Cakes

Nesselrode Pudding      See Puddings

New-year's Cake      See Cakes

New-year Salad in Apples      See Salads

New York Tea Biscuit      See Bread

Newark Pudding      See Puddings

Noodles, Buttered      See Macaroni

Noodles, Soup of      See Soups  
Timbales      See Macaroni

**Nougat**—Nougat is a sort of paste made of sugar, almonds, pistachio nuts or filberts. A little practice is necessary before it can be well made. The process is as follows: Blanch

1 lb of almonds, dry them well in a soft cloth, cut them into quarters, put them on a baking sheet in a cool oven and let them remain until quite hot through and lightly browned. When they are nearly ready, put ½ lb of sifted sugar into a copper pan, without any water, and move it about with a wooden spoon. When it is melted and begins to bubble, stir in the hot almonds gently, so as not to break them. Have ready the mould which is to be used slightly but thoroughly oiled and spread the paste all over it about a quarter of an inch thick. This is the difficult part of the operation, as the nougat hardens very quickly. The pan in which it is prepared should be kept in a warm place to prevent it stiffening before the mould is finished. It is a good plan to spread out a piece for the bottom of the mould first, and put that in its place then pieces for the sides. Care must be taken however to make these pieces stick closely together. A cut lemon dipped in oil is a great assistance in spreading the paste. When the nougat is firmly set, turn it out carefully, and serve on a stand filled with whipped cream or as required. Time to boil the sugar, till it is well melted.

Nouilles      See Noodles

**Nuts**—The following recipes calling for nuts will be found under their respective headings.

Nut Bars      See Candy  
Cream      See Creams  
Fruit Cake      See Cakes  
Layer Cake

**Oatmeal** — Oats are rich in flesh-forming and heat-giving qualities and serve as a nutritious and excellent diet when the occupation is not sedentary. The outer husk of oats unlike wheat is poor in albuminoid matters so that oatmeal is better than whole oats as food. Oatmeal is remarkable for its large amount of fat. In consequence of a peculiar quality of the gluten which oats contain oatmeal does not admit of being baked into a light fermented bread. It has sometimes been alleged against oatmeal that when it is employed as the sole food without milk or animal diet it causes heat and irritability of the skin, aggravates skin diseases, and sometimes gives rise to boils. If so it is very rarely that circumstances render necessary for any length of time such an exclusive consumption of oatmeal.

**Oatmeal Crisps**                      See Bread

**Oatmeal Gruel**                      See Gruel

**Oatmeal Porridge**                See Porridge

**Okra Soup**                              See Soups  
and Rice                      See Vegetables

and Tomatoes

Boiled

Fried

Scalloped

**Okra-and-beef Stew**                See Beef

Olives should never be allowed to remain in the bottle uncovered with the brine as their appearance will be spoiled and they will lose flavor.

**Olive Sauce**                              See Sauces

**Olives, Veal**                              See Veal

**Olla Podrida** — Put 1½ lbs of beef or veal into a soup-pot with a gallon of cold water 1½ lbs of dried peas one good slice of raw lean ham and any scraps of game or poultry that you may have at hand. Set the pot on the back of the stove cover it closely, and let it simmer slowly for an hour, then skim, and add salt to the taste. Return the pot to the fire and after cooking for another half-hour pour off the broth, which is to be served separately from the other ingredients. Now add as many more vegetables as you like peeled cut up and properly prepared and, stirring constantly to prevent burning let the mass cook until every vegetable is done through. The meat vegetables, and broth are all to be served separately—that is to say on different dishes—but all are eaten together. The vegetables used vary with the season tomatoes give tone to the dish in summer parsley in the spring but cabbage is never admitted at any season.

**Omelet, Soufflé**                      See Soufflés

**Omelets**                                      See Eggs

**Onions** — The following recipes for cooking onions will be found under their respective headings as indicated.  
**Onions à la Crème**                See Vegetables and Cheese

Baked

Fried

Stewed

Stuffed

Omelet                                      See Omelet

Soup Brown                      See Soups

Stuffing for Chicken

See Force-meats

**Oranges** —The following recipes in which oranges are used will be found under their respective headings as indicated

**Oranges and Lemon for Colds**

See Fruits.

Compote of ..  
 Float. ..  
 Fool ..  
 Iced ..  
 in Syrup ..  
 Jellyed ..  
 Moulded ..  
 Paste ..  
 Shced ..  
 Snow-balls ..  
 Sponge ..  
 and Rhubarb

See Preserves

Marmalade  
 Preserved Whole  
 Syrup  
 Cake See Cakes  
 Short Cake  
 Cakes See Bread  
 Candied See Candy  
 Crystallized  
 Peel Candied  
 Cream See Creams  
 Flower Cream  
 Custard See Custards  
 Trifle  
 Ice See Ices  
 Whips  
 in Jelly See Jellies  
 Jelly  
 Cream Sauce See Puddings  
 Sauce See Puddings also  
 Sauces  
 Pie See Pies  
 Salad See Salads  
 Sherbet See Beverages  
 Soufflé See Soufflés

**Orangeade.** See Beverages

**Ox-tail Soup** See Soups

**Ox Tail with Purée of Lentils**  
 See Beef

**Ox Tongue**

See Beef

**Oysters** —The following recipes for cooking oysters will be found under their respective headings as indicated

**Oysters à la Poulette** See Fish

au Gratin in Shells

Baltimore

Broiled

Cocktail

Creamed

Croquettes .

Crumbed

Curried .

Devised .

Dry Stew .

Fricassee of .

Fried

Fritters

Kromeskies of

Omelet

Panned

Patties

Pickled

Pie

Roasted

Rameluns of

Salad

Sandwiches

Sausages

Sauce

Scalloped

Spindled

Stewed

Stuffed

Omelet

See Eggs also  
 Fish

Force-meat of

See Force-meats

Fritters See Fritters also  
 Fish

Pickled See Pickles also  
 Fish

Salad See Salads, also Fish

Sauce See Sauces

Soufflé See Soufflés  
 Soup See Soups

**Oyster Crabs à la Newburg**  
 See Fish



# P

Pâté de Foie

See Veal

**Panada.**—Cut off the crusts from the loaf and cook the crumbs in water. Press out the water and put in a sievepan with steel or mill and stir it until it is a firm paste and be not cling to the sides of the pan.

**Pancakes.**—The following recipes for cooking pancakes will be found under their respective headings, as indicated.

Pancake Snow See Bread  
without Lard or Milk  
Soup of See Soups

Parfaits See Ices

Parmesan and Soup See Soups

Parsley, Fried See Vegetables

Parsley Omelet See Eggs

**Parsnips.**—The following recipes for cooking parsnips will be found under their respective headings as indicated.

Parsnips Boiled See Vegetables  
Fritters See Fritters

**Partridges.**—The following recipes for cooking partridges will be found under their respective headings as indicated.

Partridges, Broiled See Game  
Cutlets  
Fricassee of  
Soufflé of  
Stewed

Passover Force-meat Balls  
See Force-meats

Paste, Cheese See Cheese

Pasties, Force-meats for Cold  
See Force-meats

Pastry See Pies

Pâté de Foie Gras See Poultry  
Imitation  
See Poultry

Pâté, Fish See Fish

Pâté of Game See Game

Pâté of Macaroni See Macaroni

**Patties.**—Without rolling the paste cut out as many disks as you will require patties using a sharp cutter two inches in diameter. Cut a ring into the centre of each an inch in diameter being careful not to cut quite through to the bottom. Place them in a greased pan like biscuits, glaze and bake a delicate brown. Remove the little cap made by the small cutter fill the opening with the prepared oyster, sweetbread or chicken filling replace the cap and serve hot. Filled with jelly or jam, they are served cold. Raw oysters, boiled sweetbreads, goose liver, or scraps of the breast of chicken or turkey are chopped into coarse bits with truffles or mushrooms, and are then masked in a white sauce made by creaming a dessert-spoonful each of flour and butter over the fire thin with milk or cream add a pinch of salt, a dash of cayenne and if liked, a spoonful of sherry wine.

**Patties, Fried.**—Prepare some good puff paste, and roll it out to the

thickness of about a quarter of an inch, stamp it with a pastry-cutter into rounds an inch and three-quarters in diameter, place a teaspoonful of any minced meat between two of these, moisten the edges, pinch them securely, and fry them in plenty of fat until they are crisped and lightly browned. They should be placed in a wire drainer plunged into the fat when it is boiling, and well drained from it before they are served.

Patties, Game                      See Game

Patties, Mutton                  See Mutton

**Peaches** — The following recipes for cooking peaches will be found under their respective headings as indicated.

Peaches, Liqueur              See Beverages  
 Short Cake                      See Cakes  
 Cream                              See Creams  
 Custard                           See Custards  
 in Custard  
 Fritters                           See Fritters  
 Compote of                      See Fruits  
 Flanc of  
 Float  
 Jelly  
 Sugared  
 Trifle  
 Vol-au-vent of  
 Ice-cream                        See Ices  
 Mousse  
 Surprise  
 Snow                               See Jellies  
 Brandied                         See Pickles  
 Mangoes  
 Spiced  
 Meringue Pie                  See Pies  
 Tart  
 Canned                          See Preserves  
 Conserves  
 Jam  
 Jelly  
 Leather  
 Marmalade  
 Preserved  
 Syrup  
 Cobbler                          See Puddings  
 Liqueur Sauce  
 Pudding

**Peanuts** — The following recipes calling for peanuts will be found under their respective headings as indicated.

Peanut Candy                      See Candy  
 Salad                              See Salads  
 Soup                                See Soups

**Pears** — The following recipes for cooking pears will be found under their respective headings as indicated.

Pears, Baked                      See Fruits  
 Compote of  
 Charlotte  
 Frosted or Iced.  
 in Jelly  
 Meringue of  
 Stewed  
 Stewed in Butter  
 with Rice  
 Pickled                              See Pickles  
 Spiced  
 Tart                                  See Pies  
 Canned                              See Preserves  
 Marmalade  
 Preserves

**Pease** — The following recipes for cooking pease will be found under their respective headings as indicated.

Pease, Boiled                      See Vegetables  
 Green  
 Salad                                See Salads  
 Soup                                See Soups

**Pepper Pot (a hotchpotch)** — Put four quarts of boiling water into a large stewpan with a mixture of any meats that may be preferred — either 3 lbs of gravy beef and ½ lb of lean ham, or 3 lbs of the neck of mutton and ½ lb of pickled pork, add half a cupful of best rice, a bunch of savory herbs, two large onions, and three large potatoes coarsely grated. Stir the liquid carefully during the first half-hour and let it simmer gently until all the goodness is drawn out of the meat. This will require from three to four hours. Strain the soup and let it stand until cold so that the fat may be entirely removed. Put the liquid into the

stewpan, with a large fowl cut into joints, and the meat of a lobster or crab finely minced. When the fowl is almost tender put in a dozen small light suet dumplings and a pint and a half of whatever vegetables are in season cut up into small pieces. Season with cayenne and salt, if required. When the vegetables are done enough, serve the entire preparation in a tureen. In the West Indies, where this dish is a great favorite it is so highly seasoned that it is universally known as "pepper pot." Time, about an hour after the fowl is put in. The probable cost varies with the ingredients.

**Peppers** —The following recipes for cooking peppers will be found under their respective headings as indicated.

**Peppers and Chicken** See Vegetables  
 and Rice Fried  
 Baked  
 Fried  
 Stuffed with  
 Force-meat  
 with Minced Meat.  
 with Rice and  
 Tomatoes  
 Pickled See Pickles  
 Salad See Salads  
 Sauce See Sauces

**Petits Pains Farcis**  
 See Sandwiches  
 Friands  
 See Sandwiches

**Pheasant, Grilled** See Game

**Piccalilli** See Pickles

## PICKLES, CATSUPS, ETC

**General Directions for the Preparing of Pickles** —Pickles may be made at any time during the winter or spring, provided that you have cucumbers, grapes, or even peaches which having been gathered fresh during their season, were put in a strong brine and kept entirely thereunder by the pressure of weights so as not to be exposed to the air. When you take the vegetables or fruit out of brine, soak for a day or two in cold water. Then put them over the fire in a kettle, covering well with weak vinegar. Let them gently simmer until parboiled, or rather tender, but not soft. Cucumbers are ruined by long cooking which destroys their crispness. Let them remain in this vinegar until you are ready to supply the final seasoning and strong cider vinegar needed for the preparation of all kinds of pickles. The horseradish used in pickles must be scraped and dried. The garlic must be soaked from three to ten days, changing the water once or twice a day, the mustard-seed bruised, spices

are put in without any preparation. When onions are used, they need only to be sliced and scalded.

**Vinegar for Green or Yellow Pickle** —Take 1 lb of grated horseradish, 2 lbs of white mustard-seed, 1 lb of black mustard-seed, 2 ozs each of mace, nutmegs, cloves, allspice, and ground white pepper, 4 ozs of turmeric, a large teacupful of ground mustard, four table-spoonfuls of celery seed, eight cloves of garlic, ½ lb of ground ginger, and 4 lbs of brown sugar. These ingredients are to be put into a six-gallon jar with four gallons of vinegar. Stir frequently, and allow the mixture to remain some time before using. After pouring off the vinegar for pickles, add more spices, and fill again for future use. Keep well covered. This will keep any length of time.

Be careful to procure good vegetables in perfect condition, not over-ripe and the best cider or home-made vinegar, to use an enamelled saucepan or stone jar for heating,

avoiding metal vessels of every kind, use a wooden spoon, to put pickles when made into small glass jars ("small" because the quality of the pickle deteriorates after the jar has once been opened, and "glass" because the vinegar acts dangerously upon the glazed surface of the earthen-ware), and be careful to keep the pickle always entirely covered with vinegar and to store it in a dry place, damp being especially injurious to all kinds of pickles

**Cabbage, Pickled.**—Take a peck of quartered cabbage, put a layer of cabbage and one of salt, let it remain overnight, in the morning squeeze and put on the fire, with four chopped onions covered with vinegar, boil for an hour, then add 1 oz of turmeric one gill of black pepper, one gill of celery seed a few cloves, one table-spoonful of allspice, a few pieces of ginger,  $\frac{1}{2}$  oz. of mace, and 2 lbs of brown sugar Let it boil an hour longer and when cold it is fit for use Four table-spoonfuls of made mustard should be added with the other ingredients

**Cauliflower Pickle** — To twelve heads of cauliflower put five quarts of vinegar five cupfuls of brown sugar a table-spoonful of butter one bottle of French mustard  $\frac{1}{4}$  lb box of common mustard two table-spoonfuls of ground ginger a cupful of garlics or dwarf onions, two green pepper-pods half a teaspoonful of cayenne pepper, and 1 oz of turmeric Mix together sugar mustard ginger and turmeric beating them well Then boil in vinegar, with garlics peppers etc for ten minutes Meanwhile put on the cauliflower in a separate pot and boil it until tender which requires but a few minutes Divide the cauliflower into conveniently sized sprigs which must be carefully placed in glass jars and covered with the spiced vinegar Seal up tight and keep in a dry closet No one can have good pickles who does not see

to excluding the air and, above all, dampness

**Cherries, Pickled** — To every pound of cherries allow  $\frac{1}{2}$  lb of loaf sugar, half a pint of cider vinegar,  $\frac{1}{2}$  oz each of powdered cinnamon, mixed whole cloves and allspice, and a few blades of mace Put the cherries in a jar Boil the other ingredients five minutes in the vinegar, and when boiling pour the liquor over the fruit Cover closely In a week they will be ready for eating

**Citron, Spiced** — The common citron is best for this To every 4 lbs of fruit, weighed after removing the rind and softest part, allow 2 lbs of best white sugar, of cloves and mace, each  $\frac{1}{2}$  oz five gills of vinegar Boil well together the vinegar, sugar, and spices, the latter in a thin muslin bag pour hot on the fruit, and let it stand a day or two Then take out the citron, boil it in clear water until it is tender that is if it is the preserving kind but not if it is table-citron Pour the vinegar and spices boiling hot, on again The second morning repeat, and then seal carefully

**Cucumbers** — Those of a medium size are best the large being tough and the small ones insipid About fifty of the right size will fill a two-gallon jar Wash fifty cucumbers and lay them in the jar covering them with two or three green leaves of Savoy cabbage (which help to give the pickles a fine color) Make a brine of alum salt strong enough to bear an egg skim it carefully, and when it boils pour it over the cucumbers This process is to be performed on each of three successive mornings, when the pickles will have been properly salted To take the salt out of them you next scald them in good hard cider or diluted vinegar and lay them on a waiter to drain Now put into your kettle one and a half gallons of vinegar together with a lump of alum the size of a nutmeg, the slices of



figs in and simmer till a straw will penetrate them. Put them in jars in layers with a few cloves, bits of whole cinnamon, and a very little mace between them, and cover with syrup, but do not close the cans. For three mornings pour off the syrup without moving the fruit, reheat it to the boiling-point, and put it back, the third morning measure it and allow one cupful of vinegar to every three cupfuls of syrup, boil it up thoroughly, pour at once over the figs, and close the cans.

**Fruit in Brandy** — First clarify as much sugar as will be required, allow 1 lb of sugar to every 2 lbs of fruit. When the syrup boils gently lay in peeled peaches, apricots, or plums, pricked, but only keep them in long enough to be softened, be careful they do not crack. Then take out the fruit on a sieve to drain. Set them to cool. Boil the syrup until it is thick and pour it, with an equal quantity of brandy, over the fruit, which should previously have been placed in the jars.

**Fruits, Spiced (small)** — Stem currants, stone cherries, pulp and seed grapes, top and tail gooseberries. To every 5 lbs of the prepared fruit allow a pint of vinegar, 4 lbs of sugar and two table-spoonfuls each of cinnamon and cloves. Put all on the fire together, bring to a boil, and then cook half an hour. Put up in pint jars or half pint tumblers, closing while hot.

**Fruit, Spiced (in brandy)** — Peaches, pears, cherries, egg-plums, greengages and sweet fleshy, light-colored grapes are best for spicing. Use perfect fruit, fully ripe but not over-ripe. Leave cherries and grapes on the stem but cut the grapes into clusters of five or six unless the fruit is meant for decorative uses. Do not peel either pears or peaches. Wash well and wipe the rind with a rough towel. Stick in four cloves around the blossom end of each of the pears and the stem end of each of the peaches.

Omit cloves with cherries, grapes, or plums—their flavor is not consonant. Allspice discolors, and should not be used for any sort. Put half an inch of refined sugar over the bottom of a deep earthen jar. Cover it with a layer of fruit. Over that strew thickly bruised ginger, stick cinnamon (broken fine), grated nutmeg, and the yellow of lemon or orange peel, grated fresh. Cover with sugar, shaking it down into every crevice. Repeat the layers until your jar is full. Cherries, plums, and very early peaches may be used together. In that case put no cloves in the peaches. On top of the last layer of spices put a single pod of genuine cayenne pepper. Cover with an especially thick layer of sugar, then pour on enough good brandy or corn whiskey to come an inch above the sugar. Next day the spirit will have been a third absorbed. Fill up with it again. Tie down securely and let stand a month. This is one of the finest accompaniments for a game course, or for serving in tiny saucers after a regular dessert.

**Fruit Sweet Pickles** — The following will answer equally for damsons, plums, cherries, apricots, and peaches, serves every purpose of a fine-flavored handsome pickle of good keeping qualities, and has the advantage of giving but little trouble. Prepare your fruit as for preserving, stoning it and to 7 lbs of fruit take  $3\frac{1}{2}$  lbs of clean, brown sugar, one pint of vinegar and 1 oz each of cinnamon in sticks, sprig mace, and cloves. Put the fruit into a jar, boil the vinegar and spices together, and pour it over the fruit, letting it stand for two days. Then pour the vinegar off again, put it on to boil and when hot pour in the fruit and boil all together until clear and transparent. This does just as well as the repeated scaldings usually recommended.

**Gherkins**

**See Cucumbers**

**Grapes, Pickled** — Take ripe grapes, remove imperfect and broken ones.

Line an earthen jar with grape leaves, then fill with grapes. To two quarts of vinegar allow one pint of white sugar  $\frac{1}{2}$  oz of ground cinnamon, and  $\frac{1}{4}$  oz of cloves. Let the vinegar and spices boil for five minutes, then add the sugar. Let it come to a boil, and when cold pour over the grapes. If poured on while hot it shrivels them even if it does not break the skin and spoil the appearance of the pickles.

**Grape Pickle, Sweet** — Pick 10 lbs of large, ripe grapes from the stems. Put in jars. Make syrup of 6 lbs of sugar and a quart of vinegar, season with cinnamon, mace, and cloves, pour over the grapes boiling hot, and seal. If preferred, the grapes may be left on the stems and pickled in bunches.

**Grapes, Spiced** — To 6 lbs of the grape pulp allow 3 lbs of sugar, one table-spoonful of cinnamon, one dessert-spoonful each of cloves, allspice and grated nutmeg, one tea-spoonful of pepper and one of salt, two quarts of vinegar. Cook all together stirring constantly, until it is the consistency of catsup, bottle and seal.

**Lemons, Pickled** — To six large lemons allow two quarts of boiling water one quart of vinegar,  $\frac{1}{2}$  oz of cloves,  $\frac{1}{2}$  oz. of white pepper, 1 oz of grated ginger,  $\frac{1}{2}$  oz of stripped mace, 1 oz of mustard-seed,  $\frac{1}{2}$  oz of grated horseradish, and a few cloves of garlic. Put the lemons into a brine strong enough to bear an egg let them remain six days, stirring the brine every day. On the sixth day take the lemons out, throw them into two quarts of boiling water, and boil them fifteen minutes. Let them dry and get perfectly cold on a fine hair sieve. Boil all the other ingredients in the vinegar, put the lemons into stone jars, pour in the boiling vinegar cover closely, and stand away to cool. When cold, make the covers air-tight, and keep

for six months, when they will be fit for use.

**Mangoes, Oil** — Take four dozen small mangoes or large, yellow cucumbers, soak in strong brine for two or three days, wash them, remove the seed, and lay them in a kettle, sprinkle with powdered alum, cover with grape-vine or cabbage leaves pour over sufficient vinegar to half fill the kettle, and let simmer one hour. Drain the mangoes, and fill with stuffing made of  $\frac{1}{2}$  lb of mustard-seed 2 ozs each of ground mustard, black pepper, turmeric and cloves, 1 oz of celery seed,  $\frac{1}{2}$  oz of powdered mace, and 2 lbs of brown sugar, mixed to a paste with olive oil. Put in a jar with  $\frac{1}{2}$  lb of coarse salt, and pour over a gallon of vinegar.

**Mangoes, Pepper** — Take fifty full-grown pods of red pepper, cut the stem out with a sharp knife, and scrape out the seeds. Lay the pods in brine, and let soak for twenty-four hours, drain and fill each pepper with a dressing made of chopped cabbage seasoned with one table-spoonful of salt and pulverized mustard-seed each, one teaspoonful of grated horseradish, one teaspoonful of black pepper, and one table-spoonful of made mustard, replace the stems, sew with a coarse thread, pack in a stone jar, cover with strong vinegar, and let stand two weeks before using.

**Mixed Pickles** (good for use as soon as made) — Cabbage, two quarts, green tomatoes, one quart, onions, one pint, green cayenne pepper, one pod. After taking out the seed of this last, chop all up fine and mix together thoroughly. Let the vegetables stand covered all night when the liquor must be strained off and thrown away. Now season with a table-spoonful of ground mustard, a table-spoonful of ginger, the same each of cinnamon, cloves, salt, and celery-seed. Cover with cold vinegar (two quarts will be enough to allow), and





them out with a skimmer and put in jars. Boil the syrup 1 minute, and pour over the fruit in the jars. Break a few of the stones and add the kernels, blanched in hot water, to the pickles.

**Pears, Pickled** — Take 7 lbs of pears pure and steam them until you can run a fork through them easily, then put into a preserving-kettle with three pints of vinegar, 3 lbs of sugar, half a cupful of spices—equal parts of cloves, cinnamon, and allspice—and boil until they are cooked through. Put them in a jar and boil the liquid down until thick, pour over the fruit, and when used for the table serve some of the syrup with them.

Another way — To 10 lbs of fruit allow 7 lbs of sugar, two quarts of vinegar, two table-spoonfuls of ground cinnamon one lemon, sliced very thin, and a little mace. Stick two or three whole cloves in each pear. Put the fruit in the cold vinegar and sugar and boil until soft, take out and put in jars allowing the vinegar to boil until reduced to the quantity needed for filling the jars, pour it over the fruit. In three days pour off the vinegar and reboil. The pickles will be ready for use in two weeks or ten days.

**Pears, Spiced** — Cut in half and pare 7 lbs of the best winter pears—those commencing to soften are best. Pour a pint and a half of good cider vinegar over 3 lbs of the best brown sugar. Put the vinegar and sugar in a preserving-kettle, add 1 oz of whole cloves,  $\frac{1}{2}$  oz of mace, and half a dozen pieces of ginger-root, boil, and skim well. When clear, put in the fruit, and cook slowly for two hours, when cold, put in jars and seal air-tight.

**Peppers (to pickle quickly)** — Put the peppers into a bowl, and pour over them a very strong brine. Put a board over them to keep them under the water, and let them lie for two days. Drain them, make a small incision in the side of each to let out the water,

wipe them with a soft cloth, and put them into a stone jar, with  $\frac{1}{2}$  oz of allspice,  $\frac{1}{2}$  oz of cloves, and a small lump of alum. Pour cold vinegar over them, and tie a bladder securely over the jar. When pickled in this way, the peppers will preserve their color.

**Piccalilli** — Chop a peck of green tomatoes, mix with a cupful of salt, and let them stand all night. The next day pour off the brine and throw it away, and mix in the pickle one large head of celery and six small onions, chopped fine, and a head of cauliflower picked up into flowerets, with two quarts of vinegar, a few slices of horseradish, two cupfuls of brown sugar, one table-spoonful each of ground cinnamon, allspice, and dry mustard, and one teaspoonful of white pepper. Cook slowly all day.

**Piccalilli, Yellow** — Five gallons of pure cider vinegar, 1 lb of race-ginger, 1 lb of black pepper, 1 lb of horseradish, 1 lb of black mustard-seed, 1 lb of garlic, 2 ozs of nutmeg 2 ozs of mace, 2 ozs of cloves, 2 ozs of turmeric mixed with sufficient sweet oil to form a paste 2 ozs of red peppers about a finger long, one dozen small, hard heads of early York cabbage, split in two pieces, one dozen clingstone peaches, two bunches of asparagus, twelve heads of small celery, one quart of green apricots, one quart of small, white onions, two dozen ears of corn about the size of the finger, and one pint of tender snap-beans. Everything except the peaches, celery, and sweet spices must be scalded and remain in the water twelve hours, and then be dried in the sun with salt sprinkled over them. Add one small bottle of London mustard mixed with good olive oil. The pickle should be kept in a stone jar, and stirred occasionally with a wooden spoon. The housekeeper who furnished this recipe said that she commenced making the pickle in early summer, adding the various fruits and vegetables mentioned as they came in season.

**Pickle, Green-tomato** — Fill a gallon measure with sliced green tomatoes and sprinkle them well with salt. Let them stand thus for ten or twelve hours, then drain well, pressing all the liquid out. Now mix the tomatoes with a gallon of chopped cabbage and one pint of sliced onions. Add  $\frac{1}{2}$  lb of brown sugar, five table-spoonfuls of ginger, five table-spoonfuls of mustard-seed, three table-spoonfuls of black pepper, two table-spoonfuls of celery-seed, two table-spoonfuls of powdered cinnamon, three table-spoonfuls of coriander-seed, three table-spoonfuls of powdered cloves, one nutmeg, grated, six blades of mace, 1 oz of turmeric. Put all together in a kettle over the fire and boil until the vegetables are tender and transparent. Put away in small jars. All the spices must be ground fine.

**Pickle Pot** (to be made in May) — Eight gallons of vinegar, 6 ozs of long whole peppers, 4 ozs of mace, 2 ozs of white rice-purifier, 1 oz of turmeric, 8 ozs of white mustard-seed, 2 lbs of black pepper, 1 lb of allspice,  $\frac{1}{2}$  lb of cloves,  $\frac{1}{2}$  lb of horseradish, 4 lbs of celery seed, one dozen lemons, two  $\frac{1}{4}$  lb bottles of mustard, and 8 lbs of sugar. This recipe is intended for those who wish to make pickle for sale, as many women are now doing for a livelihood or for persons who have to provide for very large families. Connoisseurs say that if vinegar is thus spiced in the spring covered up close, but exposed to the sun daily until August its flavoring virtues are largely increased. Beware of leaving the seeds in the lemons which must of course be sliced before they are added to the pickle pot. The horseradish must be scraped and shredded and the onions soaked and chopped up fine.

**Pickle, Rough-and-ready** — Peel and slice six dozen cucumbers, half a peck of green tomatoes, half a dozen green peppers, chop them fine all together and salt them, slice and

chop fine twelve large white onions, sprinkle them with salt, and let them stand two hours, then drain all mix and pour vinegar over them, next morning, pour off all the vinegar, add half a teacupful of pepper, same of allspice in muslin bags, pour on fresh vinegar, and let them come to a good boil, then to every gallon of pickle add  $\frac{1}{2}$  lb of brown sugar,  $\frac{1}{2}$  lb of white mustard seed, 1 oz of clove, and same of celery-seed. Delicious, and ready to be used in five days, though much improved by longer keeping.

**Planters' Pickle** — This pickle has the quality of which spoken of, of keeping so well that a large quantity may be made at once, put into a tight cask with close-fitting top and will improve with age. To every five gallons of cucumbers put 15 lbs of brown sugar, 12 ozs of beaten or ground cinnamon, 3 ozs of mace,  $\frac{1}{2}$  lb of black pepper, 4 ozs of ginger, 2 ozs of allspice, 1 oz of cloves, a teacupful of mustard-seed and half a teacupful of made mustard, two table-spoonfuls of salt, a teacupful of celery seed,  $\frac{1}{2}$  lb of scraped horseradish, and a quart of onions sliced thin. Put half of the sugar and spices into a kettle with two quarts of fine cider vinegar strong but not too sharp and boil together for half an hour. Put it into a jar to cool. When cold add six pints more of vinegar and mix well together. Do not add the other half of the sugar and spices until ten days afterwards. The spices must be ground. When put in the cask if the vinegar is not sufficient to cover the vegetables, add until this is the case.

**Raspberry Vinegar** — Mash five quarts of raspberries, black or red, in a large crock and cover them with genuine cider vinegar. Let them stand in the sun twelve hours and keep at night in a cool place. Stir several times during the day. Strain, put five quarts of fresh berries in the jar, pour the strained vinegar

over these mash the berries, and let them stand twenty four hours longer. Strain mixture, and to each quart of the liquid allow one pint of water and 3 lbs of sugar. Cool stirring steadily until the sugar is dissolved, removing the scum as it rises. When it comes to a boil take from the fire, bottle while warm, cork and seal.

**Shallot or Garlic Pickle.**—Steep  $\frac{1}{4}$  lb of ginger in strong salt and water for five days. At the end of that time cut it into slices and dry it in the sun, put it into a large stone jar with a gallon of the best white-wine vinegar. Peel 1 lb of garlic or shallot salt it well and let it stand in the salt for three days. Wipe it and dry it in the sun then put it into the pickle. Add also to the pickle  $\frac{1}{4}$  lb of long pepper steeped in salt and water and well dried 1 lb of bruised mustard-seed and  $\frac{1}{4}$  lb of turmeric. Shake these ingredients well in the jar and add anything that it is desirable to pickle as it comes into season, salting and drying it previously in the sun. When completed the pickle should be kept for a year or two. When that time has expired, it will be found to be excellent. The flavor of shallots or garlic may be obtained by placing them in a bottle of cold vinegar, in a month they will be found to have imparted their flavor to the vinegar.

**Tomato Butter**—Take 7 lbs of large, ripe tomatoes 4 lbs of brown sugar, half a cupful of vinegar, one teaspoonful of ginger, one table-spoonful of cinnamon, one teaspoonful of cloves. Pour boiling water over the tomatoes, let stand five minutes, then the skins can be rubbed off, remove stem end and then slice tomatoes, cook until soft add the sugar, and stew until very thick then add spices and vinegar, pour into jars and seal, to use with meat or game.

**Tomatoes, Pickled**—Get the small, yellow, pear-shaped tomatoes, and wash, wipe, and weigh them. To

7 lbs, take 3 lbs of sugar,  $\frac{1}{2}$  oz each of stick cinnamon and whole cloves, a piece of ginger-root as large as your little finger, and three peppercorns, with one quart of vinegar. Tie the spices in a bag and boil with the sugar and vinegar for five minutes. Cool, and then drop in the tomatoes, and simmer slowly till they are clear, put them in jars, and boil down the syrup and pour it over them.

**Tomatoes, Pickled**—This pickle is very good with roast meat, cold or hot. Take two dozen small, ripe tomatoes, prick each one in two or three places, carefully preserve the juice that flows from them, and keep it in a covered vessel until wanted. Put the tomatoes in layers in a deep earthen jar and sprinkle a little salt between each layer. Cover the pan, and let the tomatoes remain undisturbed for three days. At the end of that time wash them well from the brine and dry them carefully. Put them into jars and cover them with vinegar which has been boiled and allowed to get cold. Add the juice which flowed from the fruit in the first instance and cover the jars closely. The pickle will be ready for use in a fortnight. The following spices should be boiled with the vinegar for this quantity of tomatoes. Half an ounce of pepper,  $\frac{1}{2}$  oz of cloves, and a heaped table-spoonful of mustard-seed. Sometimes minced onions or minced celery or both, are put into the jars with the tomatoes. Time, four days.

**Tomato Sweet Pickle**—Green tomatoes, one peck, onions, one dozen, brown sugar, 2 lbs, mustard-seed,  $\frac{1}{2}$  lb, and 1 oz each of allspice, cloves, ground pepper, and ground ginger. Slice the tomatoes and onions, add half a pint of salt, let stand twenty-four hours, drain well, put in a preserving-kettle in layers alternate with the mixed spices, and boil slowly until clear.

**Tom Thumb Pickle**—Cover with strong brine for twenty-four hours one

thousand small cucumbers, then wash with cold water, and let them dry. Mix thoroughly 1 lb. of brown sugar, 1 lb. of white mustard-seed, 2 ozs. of cloves (whole), 2 ozs. of allspice (whole), 1 oz. of cinnamon 1 oz. of white ginger-root, 2 ozs. of black pepper (whole), 1 half pint of horseradish, cut fine, 1 half pint of small red peppers, four or five dozen very small white onions, three dozen cloves of garlic. Put the cucumbers into a very large stone jar, alternating a layer of cucumbers and a layer of the above mixture. Cover the whole with good cold, cider vinegar. A plate with a weight should be set on them.

**Walnuts, Pickled**—Take the walnuts when they are well filled out, but tender. Pierce each one with a strong needle three or four times and lay them in a brine which completely dissolves its salt, changing it for fresh every day, for nine days then spread the nuts in the air till they become black. Put them in crocks and pour over them this mixture boiling hot. A gallon of vinegar, 1 oz. each of ginger-root, allspice, mace, and whole cloves, and add 2 ozs. of peppercorns boiled all together for ten minutes. Cover pressing the nuts under the vinegar with a plate, and let them stand six weeks before using.

**Another way**—This is a very favorite pickle but growing rare because the nut is difficult to obtain just in the right condition for pickling. The long white walnut is the proper kind for pickling and making catsup but is only to be found in the forests and is seldom brought to market. They should be gathered early in June, while very young and tender. The English walnut however, also makes a fine pickle and catsup. The flavor of either is so piquant that one is well rewarded for a little trouble in getting the materials for its concoction. Lay the walnuts in strong salt-water for two weeks. Then take them out and rub them dry with a coarse cloth and put them in fresh water for one night. Meanwhile prepare a vinegar for them

by adding to each quart two onions, chopped fine, a pod of red pepper, a teaspoonful of whole white pepper, a teaspoonful of cloves, the same of allspice, and a tablespoonful each of celery seed and white and black mustard. Put the walnuts in a kettle over the fire, covering them with the spiced vinegar, and boil until the nuts are well impregnated with its flavor. Cover up the jar tight and at the end of a week try your pickles, and, if not ripe enough, pour off the vinegar, boil it, and return it to the pickle scalding hot, at the same time sealing up close.

**Watermelon Rind**—Pare off the green outside and cut out the pink inside slicing the white part in thick strips. Weigh 8 lbs. and put it in the preserving-kettle. Boil 1 oz. of alum in one gallon of water till dissolved, and pour over the rinds, stand on the back of the stove for three hours. Have some ice-water ready then, and lift them out into this, letting them lie for half an hour. Then take 1 lbs. of brown sugar, one quart of vinegar, and 1 cupful of mixed spices tied in a bag, and boil together for three minutes skimming it, cool a little, and drop in the rinds, and simmer gently for half an hour, put in jars boil down the syrup, and pour it over.

**Yellow Pickle (Virginia recipe)**—Put all the articles desired for the pickle into a jar—tiny cucumbers, onions, cauliflower cut into pieces, ears of young corn about an inch or two long etc. Cover with boiling salt and water, allowing them to remain in it for forty-eight hours. At the end of that time take out of the water, place them on a thick cloth expose to the sun to dry turning them over occasionally. When thoroughly dry place them in a jar and cover with cold vinegar to which has been added a small quantity of turmeric to color them, let them stand in this for two weeks to drain out the water and plump them then pour off this vinegar and add the prepared vinegar. In three months they will be fit to use.

## CATSUPS, CHILLI SAUCE, ETC.

**Catsup, Creole** — Take 1 dozen green cucumbers, peel and cut up, sprinkle with salt, and let stand six hours, pour the water from them and scald in vinegar. Prepare half a gallon of cabbage in the same way. Chop 1 dozen onions, cover with boiling water and let stand for half an hour. Chop one quart of tender green tomatoes, one pint of green bean, and one dozen pods of green pepper. Put in a preserve-kettle with 1 dozen very small young ears of corn. Scald and drain. Mix two table-spoonfuls of grated horseradish, one teaspoonful of ground mustard, half a teaspoonful of white mustard-seed, three table-spoonfuls of turmeric, three of celery seed, one of cinnamon, one of cayenne, two of olive oil and 1 lb of sugar. Put in a jar with the prepared vegetables, cover with boiling vinegar, and set in a cool dry place.

**Catsup, Creole Tomato** — Boil sufficient ripe tomatoes to yield two gallons of juice. Put into a kettle with a table-spoonful of ground ginger, two of ground cloves, one of allspice, cinnamon and black pepper each, two of grated horseradish, two of salt, a teaspoonful of cayenne and a quart of wine vinegar. Let boil until thick, add 4 lbs of brown sugar. Take from the fire. When cold, bottle and seal.

**Catsup, Cucumber** — Take of full-grown cucumbers, say, one peck, remove the rind and cut them down lengthwise, then into thin, dice-shaped pieces, strew half a pint of salt on them, let them stand five or six hours, then put them on a sieve to drain until quite dry. Peel and slice twelve large silver-skinned onions, put them with the cucumbers into a stone pot, and cover them with strong vinegar. Add for seasoning a table-spoonful of black pepper beaten

up fine, 1 te spoonful of cayenne, a gill of sweet oil, 1 gill of Madeira wine, and a few blades of mace. A few pods of a miniature variety of red pepper, used instead of the pulverized cayenne, gives the sauce quite an ornamental appearance. The largest cucumbers, ripened almost enough for seed, serve admirably for making this sort of catsup. If the bottles are carefully sealed up there is no danger whatever of spoiling.

**Catsup, Currant** — Four pounds of currants and 2 lbs of sugar, one pint of vinegar, one teaspoonful each of cloves and salt, one table-spoonful each of cinnamon, black pepper, and allspice. Boil together in a porcelain-lined kettle until thoroughly cooked, then rub them through a sieve. Return the strained liquid to the fire and boil until it is just thick enough to run freely when cold. Cork and keep in a cool place.

**Catsup, Grape** — Six pounds of grape pulp. Prepare this by stemming the grapes, putting them over the fire with a little water, and cooking until so tender that the pulp can be rubbed through a sieve, leaving the seeds and skins behind. To the pulp thus obtained add 2 lbs of brown sugar, one pint of vinegar, one table-spoonful each of ground cinnamon, mace, cloves, allspice, and white pepper, and a teaspoonful of salt. Put all together over the fire, stew until thick, stirring constantly to prevent burning, and bottle.

**Catsup, Green-tomato** — Take a peck of green tomatoes, a large head of cabbage, and a dozen onions, chop all together very fine, sprinkle with salt, and let stand overnight, put in a stone jar with 1 oz. of white mustard-seed, ½ oz of ground cloves, 1 oz of allspice, two pods of red pepper, chopped fine, and a teacupful of brown

sugar. Cover with strong vinegar, and set in a cool, dark place.

**Catsup, Mixed** — Slice four dozen cucumbers, two dozen onions, four dozen large green tomatoes, and four green peppers, sprinkle with one pint of salt, and let stand overnight, then drain. Put in a preserve-kettle, with sliced horseradish, 1 oz. each of mace, white pepper, turmeric, white mustard seed, cloves, and celery seed, with 1½ lbs. of brown sugar and one gallon of vinegar, boil one hour. Put in jars and add a teacupful of cold vinegar to each.

**Catsup, Mushroom.** — Use large, fresh mushrooms, and wipe but do not wash them. Put them in an earthen jar with alternate layers of salt, and stand in a warm place for twenty-four hours, and then press them through a thin strong cloth. Put this juice over the fire with ½ oz. of peppercorns to each pint, and simmer slowly for forty minutes. Then measure again, and to each pint add ¼ oz. each of allspice, green ginger-root cut in bits and whole cloves, with one blade of mace. Boil fifteen minutes, strain through a cloth, and seal.

**Catsup, Red-pepper** — Take four dozen pods of red pepper put in a preserve-kettle with a pint of strong vinegar and a quart of water, set on the fire and let come to a boil, add two roots of grated horseradish six sliced onions a dozen whole cloves and 1 oz. of white mustard-seed let boil ten minutes longer and strain. Put back in the kettle with a teacupful of brown sugar 2 ozs. of celery seed and a quart of strong vinegar. Boil one hour, and bottle. This catsup will keep for any length of time.

**Catsup, Southern** — Peel and cut up green, crisp cucumbers to fill a half-gallon measure sprinkle with salt and let stand six hours, press the water from them and scald in vinegar. Prepare half a gallon of

cabbage in the same way. Chop one dozen small onions cover with boiling water, and let stand half an hour. Cut in slices one quart of green tomatoes, one pint of green beans, one dozen small ears of tender corn with one dozen green peppers, scald and drain them. Mix 10 table-spoonfuls of grated horseradish, one teacupful of ground mustard, two cupfuls of white mustard-seed, three table-spoonfuls of turmeric, one of mace, three of celery seed, one of cinnamon, one of cayenne, two of olive oil, 1 lb. of sugar. Put in a jar with the prepared vegetables, and cover with boiling vinegar.

**Catsup, Tomato** — The following recipe is for a tomato soy that is finely flavored and will keep. Take one peck of ripe tomatoes eight table-spoonfuls of mixed mustard, four table-spoonfuls of salt two table-spoonfuls of ground black pepper one-half a table-spoonful of allspice four pods of red pepper, simmer the ingredients three hours, strain through a sieve, add one quart of vinegar simmer ten minutes longer, then pour it into small bottles, cork tightly and keep in a cool place.

Another way — One peck of tomatoes, boiled and strained, return to the fire and add half a dozen onions chopped fine, two table-spoonfuls of black pepper two table-spoonfuls of allspice two table-spoonfuls of cloves 2 ozs. of celery seed ¼ lb. of salt — or more, if liked — 1 lb. of sugar, boil several hours, stirring constantly during the last hour. Put in stone jars, and when cool add a pint of strong vinegar.

**Catsup, Tomato Soy** (an old Southern recipe) — Take a bushel of ripe tomatoes, cut them in slices and skin, sprinkle the bottom of a large tub with salt, put in a layer of tomatoes, more salt and tomatoes, until all are in the tub, cover the top with sliced onions, let stand three days put into a large kettle, and boil slowly for eight hours, stir occasion-



all into a large preserving-kettle, cover well with vinegar, and boil half an hour, or until tender.

**Chutney, Indian.**—Boil together a pint of good vinegar with  $\frac{1}{2}$  lb. of sour, unripe apples, peeled, cored and quartered. When pulped and cool, add, first poundings them separately in a mortar and afterwards together, the following ingredients:

oz. of stoned raisins, 8 ozs. of brown sugar, 2 ozs. of garlic, and 2 ozs. of mustard seed, mix these well with 2 ozs. of powdered ginger, the same of salt, and 1 oz. of cayenne. Put the mixture into an earthenware jar, and set the jar in a warm corner by the fire until next morning, when the chutney may be put into small jars and tied down. It will keep good a year or two.

## PIES, TARTS, ETC.

**Pastry.**—In making pastry the flour should be well sifted, and the butter carefully washed, so as to free it from salt. For very rich crust 1 lb. of butter to the same quantity of flour is the rule. No pie-crust no matter how carefully prepared and nice the ingredients will be as light as it should be if mixed in a warm room. As little time should elapse between mixing and baking the crust is possible, and after baking set it in a cool, dry place. Use ice-water for mixing. Mix the salt flour and water together with a knife until the dough will adhere but not stick to the board. Knead well until it seems free from lumps, then make a cake of it and just in the middle put the butter which should be in a round ball. Bring the dough up all around it and let it cover the butter on top too then with the rolling pin roll from you until you have a long, narrow roll. Take the end farthest from you, and lay it over on the roll about the length of your finger then take hold of this fold and make another not by turning it over towards you but drawing the whole roll along until it folds under the same length as the one on top. When it is all folded roll it out again not being discouraged if the butter sticks to the pin scrape it off. Roll this way four or five times or until the paste seems flaky and the butter not in lumps, but rather in layers. One great secret is to roll from you, never towards you,

and work it gently, practice will give just the right touch.

Some persons use lard and butter mixed others contend that lard alone makes a richer lighter crust, others prefer butter alone. If the oven be too hot the crust will not rise and if not hot enough it will be sodden. It is always best to try a small piece before you put in the whole. In fruit pies that are apt to boil over, when the bottom crust is in the pie-dish, and just before you put on the second moisten the edge of the former with cold water then pinch the edges of the two crusts well together, making plenty of air-holes, and there will be no further trouble.

Plain pastry, quite palatable (indeed, preferred by some to the richer sort), is made very much as soda biscuits, viz. to two quarts of flour allow  $\frac{1}{2}$  lb. of butter and lard made up into a moderately stiff dough with a pint of sour cream or buttermilk, in which has been dissolved half a teaspoonful of carbonate of soda, knead only enough to mix well roll out, and with it line your pie-plates.

**Puff Paste.**—One pound of flour sifted three times, the yolks of two eggs, a bowl of ice-water, and 1 lb. of best butter. These ingredients will make a large quantity but as it keeps fresh in the refrigerator, and every scrap of it can be utilized there is no waste, and the material for an entrée or



a quick dessert is always on hand Wash the butter a day before it will be wanted, and return to the ice to harden. In making puff paste, as in mayonnaise dressing, the secret of success consists merely in keeping its ingredients ice-cold and touching with the fingers as little as possible A marble slab makes the best pastry-board, and the rolling-pin, unless of glass or of porcelain, is to be thoroughly chilled before using by several hours' contact with ice Mix the yolks and the flour, with a scant cupful of ice-water, into a stiff paste, using a metal spoon dipped occasionally into the ice-water French pastry-cooks substitute a half-gill of brandy for one of the yolks of eggs Roll out the paste, and place half the butter in the centre, wash the hands in ice-water to chill them, and then cover the butter with the edges of the paste in such a manner that further rolling will not squeeze it out at the sides Now roll into a strip four feet long and one foot wide, dot with bits of butter fold both ends to meet in the middle fold once more in the same way lay it upon a chilled platter, and return to the ice for an hour This process of rolling and folding and dotting with butter until all the latter has been used is to be twice repeated, allowing a half-hour on ice between Half an hour after the final folding the paste is ready for use

For pies, cut a piece one-fourth as large as the pan, roll to the size, grease the pan line with the paste, fill with the fruit, cover with crossed strips, glaze with egg, and bake in a good oven. For tarts, use about a third as much as of ordinary pie-crust, roll thin, line the greased forms, prick with a fork, glaze, and bake a golden brown. When cold, fill with apple sauce, cranberry, or other jelly, marmalade, or preserves drained of juice For turnovers, roll out a piece of paste to three times its size, cut into squares of four inches, drop into each a spoonful of jam or of apple sauce mixed with chopped almonds and raisins, fold over into a triangle, press together the edges,

glaze, and bake Serve warm or cold, sprinkled with powdered sugar

*Short Crust* (a substitute for puff paste) —When puff paste cannot be had, pastry made according to any of the following recipes may be used instead. It should be made in a cool place and should be handled very lightly A moderately heated oven will be required for baking it.

No 1 Rub 3 ozs of butter into 1 lb of flour till it is as fine as possible, add a pinch of salt and two table-spoonfuls of powdered loaf sugar, and make a smooth paste with two eggs beaten up with milk or cream. Roll out thin

No 2 Rub 3 ozs of butter into 1 lb of flour, add a pinch of salt and a table-spoonful of powdered sugar, and beat the whole to a smooth paste with a quarter of a pint of boiling cream

No 3 Rub 8 ozs of butter into 1 lb of flour, and add a pinch of salt, two table-spoonfuls of powdered sugar, and as much milk as will make a firm, smooth paste

*Apple Custard Pie.* —Stew the apples with plenty of sugar and let them cool Mix the yolks of six eggs with a full pint of the stewed apples, season with nutmeg and cinnamon Add a quart of milk gradually, stirring well, then add the well-beaten whites of six eggs This pie can be made with or without top crust, or with a crust in lattice

*Apple Meringue Pie.* — Pare and slice tart apples, stew and sweeten them, mash them smooth and flavor with lemon-juice and a little nutmeg Line a pie-plate with rich pie-crust, and fill it with the cooked apples Put over the top of the apples a thick meringue This pie is to be eaten cold.

*Apple Pie, Grated.* — One quart of grated apples, add to it  $\frac{1}{4}$  lb of melted butter  $\frac{1}{2}$  lb of white sugar, cinnamon, or any other spice, yolks of eight eggs, beaten, then the beaten whites Have the pie-dish lined with puff paste fill up with the apple mixture, and bake

Another way — Grate four or five tart apples, mix the yolks of three eggs with half a cupful of granulated sugar, add a flat teaspoonful of ground cinnamon, some chopped raisins chopped almonds, some dried currants and the grated rind of a lemon. Bake in a quick oven. When done, spread with a meringue made by beating the three whites with as many table-spoonfuls of powdered sugar until well thickened, return to the oven to brown and serve cold.

**Apple Pie, Sliced** — Line a deep pie-plate with plain paste, pare and cut in slices six sour apples, allow one cupful of sugar and quarter of a grated nutmeg mixed with it, fill the pie-plate with the sliced apples, sprinkle the sugar between the layers, wet the edges of the under crust with cold water, lay on the cover and press down securely so that no juice may escape. Bake three-quarters of an hour, or less if the apples are very tender.

**Apple Pies without Apples.** — Put ten large, square soda crackers in a bowl, pour over them a quart of boiling water, let them soak for an hour, then mash them up very fine, add to them the grated peel and juice of four lemons, and five teacupfuls of brown sugar, put it in pastry and bake like any other pie.

**Apricot Pie.** — Pare, stone, and halve the apricots. Place them in a pie-dish piling them high in the middle. Strew over them a little sifted sugar, and a few of the kernels blanched and chopped small. Cover them with a good light crust, and bake in a moderate oven. Time to bake three-quarters of an hour.

**Apricot-jam Tarts.** — Pare ripe apricots, break them in halves and remove the stones. To every pound of fruit allow a pound of finely powdered sugar. Strew the sugar over the fruit, and stand for twelve hours. Break the stones, blanch the kernels,

and put them, with the fruit and sugar into a preserving-kettle. Simmer gently, removing the apricots as they are done, and skimming the syrup. Mash fruit, kernels, and syrup together, and put into jars to cool. Line tart pans with puff paste, fill with the jam, crossing the top with strips of paste. Bake in a quick oven. Serve cold, sprinkled with sugar.

**Banbury Turnovers** — Though to call them mince pies without meat would be a more appropriate name. Take 1 lb of sugar and  $\frac{1}{2}$  lb of butter and cream together, then  $\frac{1}{4}$  lb of flour, 2 lbs of the best currants,  $\frac{1}{2}$  oz of powdered allspice, and the same of cinnamon and  $\frac{1}{2}$  lb of candied orange and lemon peel are to be added generally. The puff paste, of which the outside is composed, is rolled out into eight-inch squares, and sufficient of the mixture is dropped in the centre of each to fill it well. Two bias corners of the paste are then brought together, and afterwards the two remaining corners, when all are ready, sift granulated sugar over them and bake in a hot oven.

**Berry Pies.** — Instead of sifting a little flour over the fruit to absorb the juice, cracker-crumbs are frequently substituted.

**Cherry Pie.** — Wash and pick the fruit and place it in a pie-dish lined with a good rich paste, strew a little sugar over it and cover it with a light crust. Bake in a quick oven for about three-quarters of an hour.

**Chocolate Cream Pie.** — One quart of milk or sweet cream, quarter of a cake of the finest vanilla chocolate grated, six eggs, yolks of all and whites of three, one pint of boiling water, half a cupful of white sugar, two coffee-spoonfuls of vanilla. Dissolve the chocolate in a very little milk stir into the boiling water, and boil three minutes when nearly cold beat up with this the yolks of all the eggs and the whites of three,

stir this mixture into the milk, flavor, and pour into shells of puff paste, whip the remaining whites into a stiff froth with powdered sugar, and when the cream is set spread this meringue over it, and place for a moment in the oven

**Cocoanut Pie**—To one and a half pints of grated cocoanut add one pint of new milk, two cupfuls of sweet cream and four eggs, the yolks and whites beaten separately, two teaspoonfuls of melted butter, two crackers rolled fine, sweeten to taste. A very nice, plain mixture for this pie is made by making a blanc-mange of one quart of milk and four table-spoonfuls of corn starch while hot melt a small piece of butter in it let it cool and add the yolks of six eggs sugar to taste and add about a teacupful of grated cocoanut then the beaten whites. Bake in a quick oven three-quarters of an hour

A rich and very delicious cocoanut pie-crust is made as follows. Mix one part of grated cocoanut with two parts of Graham flour, and ice-water sufficient to make a stiff dough, knead five minutes then add one part of boiled rice and mix thoroughly

**Cranberry Pie.**—To a cupful of cranberries cut up add half a cupful of seeded raisins also cut up. Mix them with a cupful of sugar and a large table-spoonful of flour together with a little water and if liked a teaspoonful of vanilla essence. Line the dish with paste pour in the mixture and cover the top with bars of paste

**Cream Pie**—To one pint of milk put two even table spoonfuls of corn-starch two table-spoonfuls of sugar one egg a small pinch of salt and flour to taste, with extract of lemon and orange mixed. Bake in a rich paste

**Currant Pie**—To one cupful of mashed currants add one cupful of sugar, two table-spoonfuls of water,

one table-spoonful of flour, and the beaten yolks of two eggs. Line a pie-plate with rich pie-crust and make a little wall of the crust around the edge. Fill the plate with the prepared mixture and bake in a moderate oven. Add a meringue to the top before serving

**Currant Meringue Pie.**—Line two pie-pans with a rich short crust prick with a fork and bake to a very light brown. When cool fill with the following and bake in a very slow oven. Beat the whites of three eggs until stiff, add gradually one cupful of granulated sugar and one pint of currants

**Currant and Red-raspberry Tart**—Currants and red raspberries make a pleasing combination of fruit. Four eggs one cupful of sugar, one quart of fruit one-half cupful of flour. Beat the yolks and sugar until light fold in the stiff-beaten whites, and lastly, the fruit mixed with the flour. Pour the mixture into a deep pan lined with plain pie-paste. Cover with a lattice-work of pastry strips. Bake in a moderate oven until the crust is done. Sprinkle with powdered sugar. Serve either warm or cold

**Currant Tarts**—Line pie-plates or patty-pans with a good pastry. Stem ripe currants and fill the pans with them sugaring them plentifully. Bake without a top crust. If you prefer you can make a lattice-work of strips of paste over the top of the pie. Or you may make your tarts in the English fashion, with no bottom crust, but with one on top. In that case, heap the fruit towards the middle of a deep pie-dish lay a strip of paste around the edge of the dish, pinch this and the edge of the top crust closely together to prevent the escape of the juice and make a cut in the middle of the crust to allow the steam to escape

**Custard Pie**—Beat the yolks and whites of four eggs separately. Add

the yolks to four table-spoonfuls of sugar, beat light, and then add one quart of milk and the frothed whites of the eggs. Line a pan with paste, pour in the mixture, and bake.

Another way.—Let three pints of milk come to a boil, and then stir in two table-spoonfuls of corn-starch, which has been moistened with water. Let it boil up and then remove from the fire, and, when cool, stir in six table-spoonfuls of sugar, two teaspoonfuls of almond essence, the yolks of four eggs and the whites of two. Bake in pan lined with plain paste, and as soon as done cover with a meringue flavored with vanilla, and serve at once.

**Fruit Pasties or Turnovers**—Boil down fruit of any kind with a little sugar and let it get cold. Take 1 lb of puff paste, cut it into as many pieces as you require pasties, roll out in a circular form, and put the fruit on one half, turn the other half over on the fruit and pinch the edge, which should be first wet with white of egg. Raw fruit may be used but in this case the paste must be thicker, and not quite so rich. Time for fruit pasties, twenty minutes.

**Fruit Pies**—Apples and peaches must be peeled and sliced thin and sugared, berries of all kinds first dusted with flour and then sugared. Rhubarb and preserves drained of most of the juice and cranberries cooked with sugar strained and cooled into jelly before they can be filled into the pies. The oven must be clear and steady, but not hot enough to bake the crust before the fruit is sufficiently cooked. Remove all pies from the pans while hot to the dishes upon which they are to be served.

Preserved fruits ought not to be baked long indeed those that have been preserved with their full proportion of sugar require no baking. Bake the crust in a tin shape and add the fruit afterwards, or put the fruit in a small dish or tart-pan, and bake the covers on a tin, cut according to taste.

**Fruit Tart (English way)**—Spread some puff paste over the table with a rolling-pin, cut a piece the size of the dish, and out of the trimmings cut some strips, brush the edge of the dish with dorure (yolks and whites of eggs, beaten light), and stick the strips on it, then put the fruit into the dish with some sugar and a little water, roll the paste on the rolling-pin, and lay it over the fruit. Before you put the paste on, brush the strips with some dorure to make it stick. When you have trimmed the dish all round, brush some white of egg or dorure over the tart, and sift some sugar over it, then dip the paste-brush into water and shake it over the tart. Bake it properly, and serve up cold. Apples, however, are an exception, as they are better hot. When this has been done take a small knife and ornament the paste with figures according to your fancy; then put the tart in the oven, and if it begins to have too much color, cover it with paper. When done spread over it some fine sugar through a sieve replace it in the oven to dry the sugar, and with a salamander glaze the tart to a bright color. You must prepare all kinds of fruit in the same way, use sometimes the paste for tarts, but in that case no strips are absolutely necessary.

**Gooseberry Pie**.—Line a two-quart pudding-dish with good pie-crust rolled rather thick. Stern three pints of gooseberries, wash and put into the crust, add a good pint of sugar cover with a top crust pinch the edges well together bake one hour in a moderate oven. Serve cold.

**Gooseberries for Tarts To Keep**.—When the weather is dry, pick the gooseberries that are full grown but not ripe remove the tops and tails and put them into open-mouthed bottles, gently cork them with quite new corks and set them into a warm oven, let them stand until shrunken a quarter part then take them out of the oven and immediately cork them tightly, cut off the tops of the corks and rosin



paste and bake in a quick oven. Prick the crust with a fork to prevent its rising in the centre. Put one cupful of sugar in a double boiler or saucepan, add a salt-spoonful of salt, one lemon grated (large), the well-beaten yolk of an egg, and one rounded table-spoonful of corn starch dissolved in a little cold water. Mix well, then pour into it one cupful of boiling water, cook it once until it thickens, which will usually be when it begins to boil, as continued boiling thins instead of thickening it. When the mixture begins to cool turn into the crust, pile over it the white of the egg, beaten to a stiff froth, to which has been added a little powdered sugar. Set in oven and color a light brown.

Another way —The rinds of two large, fresh lemons grated on sugar or boiled and beaten in a mortar,  $\frac{1}{2}$  lb of sugar the juice of a large lemon,  $\frac{1}{2}$  lb of butter ten eggs (half the whites left out). Beat all well together, and, after lining your dish or plates with puff paste bake. Sift over the top finely powdered sugar just before you send to table.

Lemon Tarts —Line small pâté-cans with rich pastry, and fill with a mixture made according to the following recipe. Rub a cupful of butter and two cupfuls of sugar to a smooth cream, stir in the yolks of six eggs, beaten light the grated rind and juice of a large lemon a dash of nutmeg a gill of brandy and last of all the stiffened whites of the six eggs. Beat this mixture for a minute before pouring it into the pastry-shells. Bake in a quick oven. Eat cold.

Lemon Turnovers —Rub 1 oz of loaf sugar upon the rind of a lemon. Crush it and dissolve it in two table-spoonfuls of milk. Add three dessert-spoonfuls of flour 2 ozs of clarified butter and two well-beaten eggs. Stir all over the fire for a minute. Take 1 lb of good pastry divide it into six or eight pieces and roll each

piece out to a round shape, about the size of a saucer. Spread a little of the mixture on one half of the round, fold the other half over, fasten the edges securely, and bake on a buttered tin in a moderate oven. Before serving, sift a little sugar over the turnovers. Time to bake, twenty minutes.

Marlboro Tarts —Mix thoroughly two cupfuls of grated tart apple, one and one-half cupfuls of sugar, two well-beaten eggs, two table-spoonfuls of melted butter, the grated rind and juice of one lemon, and one cupful of thin cream. Line patty-tins with rich pastry, fill with the mixture put narrow strips of notched paste across the top, and bake quickly.

Mince-meat, Lemon. —Three lemons, five tart apples,  $\frac{1}{2}$  lb of suet, 1 lb of currants  $\frac{1}{2}$  lb of brown sugar, 1 oz of candied citron, 1 oz of candied lemon, one-half a nutmeg, grated one small salt-spoonful of powdered spice one pinch of salt. Put the thin, yellow (not the white) rind into a saucepan with a little water, and when it becomes very tender take it out and wash it into a paste. Pare, core and mince the apples, shred the suet finely, mince the candied citron and lemon, and squeeze and strain the juice of the three lemons. Mix all together adding the paste of the lemon-rind the sugar the powdered spice and the pinch of salt. Mix all the ingredients thoroughly, cover the mince-meat tightly in a jar, and allow it to stand for a week or ten days. Just before the mince-meat is to be made into pies, add two or three macaroons, crushed and powdered.

Mince Pies —Take 1 lb of the lean of nice, tender beef, boil it thoroughly. When cold—and there is no objection to letting it stand over a few days—grate it up when it should furnish about one pint of mince. Add one pint of raisins seeded and chopped, one pint of sugar (brown or white),

one pint of imported dried currants, washed clean, one pint of finely chopped pippin apples, and the same quantity of fresh beef suet, half a pint of preserved citron, cut up very small, a teaspoonful of salt, a salt-spoonful of black pepper a dessert-spoonful of mixed cinnamon, mace, cloves and nutmeg, measured after they have been beaten up together in a mortar, a pint of wine a pint of sweet cider and a gill of brandy. Stir the ingredients together until well combined and use immediately, if you choose. If kept in a clean stone jar with a closely fitting cover good mince-meat will keep until spring, only taking care, if it becomes too dry by the evaporation of the liquors, to add more wine or brandy until it is sufficiently moist. Mince pies should always be brought to table piping hot and of course, depend greatly for their excellence upon the pastry in which they are served.

Another way (Maryland recipe) — Four pounds of lean beef one quart of chopped suet, four quarts of chopped apples one quart of stoned raisins a scant quart of sugar one pint of currants about 1 lb of citron a pint of molasses three table-spoonfuls of ground mace the same of cinnamon two of allspice, one and a half table spoonfuls of cloves four grated nutmegs three table-spoonfuls of salt the juice and rind of three lemons, the same of three sour oranges, some candied orange and lemon peel one pint of orange wine one quart of California peach or grape brandy. Chop the meat in a meat-cutter and mix thoroughly. Do not cook at all except the beef by itself, and before chopping. Add, if you have it (for it is a great improvement) some syrup from sweet pickles and cider if you choose. If not moist enough add to your taste, more wine and brandy, and, if it will be it more lemon juice. One must use one's own taste and judgment in this recipe as sometimes it needs more moistening than at other times.

**Mince Pies, English** — One pound of raisins, and 1 lb each of currants, suet, apples and moist sugar, rind of two lemons, chopped fine, and the juice of both, a glass of brandy,  $\frac{1}{4}$  lb of mixed peels a teaspoonful of mixed spices. Line patty-pans with very light paste, fill with the mince-meat, and cover with the paste.

**Mock - cherry Pie** — Measure two cupfuls of cranberries then cut in half and soak half an hour in cold water to remove the seeds. Mix one table-spoonful of corn-starch with a little cold water then stir it into one cupful of boiling water, when thick, remove from the fire and add one table-spoonful of butter pinch of salt the cranberries, and one cupful of raisins, seeded one cupful of sugar, two teaspoonfuls of vanilla, pour into a pastry-lined tin place crust over top, and bake until done.

**Mock Mince-meat Pies** — To prepare it, roll fine three soda-crackers and mix with them a half-cupful of brown sugar and the same quantity of melted butter molasses and sour cider. Add to them one egg, well-beaten one cupful of raisins, seeded and chopped, one-half cupful of currants and one cupful of water. Season with one teaspoonful each of ground cinnamon and allspice one-half teaspoonful of cloves, salt black pepper and nutmeg and a generous table-spoonful of brandy. Bake with two crusts.

**Molasses Layer Tarts** — Sift 2 lbs of flour into a bowl melt 10 ozs of lard and heat boiling hot adding to it a pinch of salt stir the hot lard into the flour by pouring it into a hole in the centre mix very thoroughly. If the dough should be too stiff soften with a little hot water. Remove from the bowl and let it be to cool. When it gets lukewarm roll out as thin as possible and cut with a round biscuit cutter. Bake in a hot oven to a delicate brown. Put together three circles when baked.

with the following filling between them, and cover with boiled icing or not, according to taste. To prepare the filling put one-half pint of molasses and one wineglassful of water on the fire, when it boils add 1 ozs of powdered bread crumbs (which should be stale) in order to thicken it. boil until the bottom of the pan can be seen when stirring, add  $\frac{1}{2}$  oz of fresh orange-peel, having first dried it in the oven and powdered it, and, just before removing from the fire, add and mix in 4 ozs of roasted peanuts, ground to a paste.

**Napoleons**—Roll puff paste very thin, line square or oblong layer pans, prick with a fork glaze, and bake. Remove while hot to a clean pastry-board, cut into even pieces three inches long by one and a half wide using a sharp knife. Each Napoleon is formed by placing three of these pieces one over the other, the lowest layer is spread with jelly, the next with whipped cream sweetened and flavored with vanilla, and the top one with plain or chocolate icing.

**Orange Pie**—Line the pie-dish with a paste rolled very thin and set aside in a cool place. Beat one teacupful of sugar, the yind and juice of one orange the yolks of three eggs and one table-spoonful of flour and a pinch of salt then beat the whites to a stiff froth and stir into the sugar and other ingredients with two table-spoonfuls of milk. Fill the pan with this mixture and bake in a moderate oven forty-five minutes. Thorough beating of the mixture and slow baking are absolutely necessary to success. Before pouring in the mixture brush the crust of the pie with the white of egg. As soon as done cover the top with a meringue.

**Peach Meringue Pie**—Select a pie-plate that is not too deep and, after arranging a lower crust, fill with peaches halved, stoned and pared sprinkle sugar over them, and bake

until done. Canned peaches will answer as well as fresh ones if some of the syrup from the can and a small quantity of sugar are added. When cool, spread over it the whites of two eggs, beaten very light, and flavor with rose-water or vanilla. Sprinkle over the top three teaspoonfuls of sand sugar, and let it brown in the oven a few minutes.

**Peach Tart**—Peel small or medium-sized peaches, fill a deep pie-plate with them, heaping them towards the centre of the dish, and sprinkling them liberally with sugar. Cover with a top crust, and bake. Eat while warm.

**Pear Tart**—If mellow pears are used they will not require to be stewed before the pastry is put over them, but if the ordinary baking pears are made use of they must be prepared as follows. Take six or eight large pears, pare them thinly, core and quarter them, and put them into a stewpan with  $\frac{1}{4}$  lb of moist sugar, two cloves a dessert-spoonful of strained lemon-juice and a quarter of a pint of water. Let them simmer gently for three-quarters of an hour, then turn them into the dish prepared for them. When the fruit is cold, moisten the edge of the dish and line it with pastry wet the band put the cover on, press it down all round with the finger and thumb, trim the edge and mark it with the back of a knife. Ornament the top by placing on it leaves or flowers stamped out with the pastry-cutter. Bake in a good oven. About ten minutes before the tart is done enough, draw it out sprinkle over it white of egg mixed with a little cold water, sift powdered sugar thickly over it, and put it back in the oven to finish baking. Time to bake, about three-quarters of an hour.

**Plum Pie**.—Either fresh or canned fruit can be used. If the latter, the plums should not have been entirely ripe when bottled. In the centre of a



deep, earthen pie-dish insert a tencup, and fill the dish with the fruit—if fresh, adding about the quantity of sugar to make them sweet enough and a very small quantity of molasses. Moisten the edge of the dish with cold water and place around the edge a narrow strip of the pie-crust which must not be too rich; this strip of crust must now be moistened with water or the white of egg to prevent the juice escaping. Place the upper crust on folding it in the middle so as to allow it to rise when the fruit expands. Prick holes in it with a fork to let out the steam. Bake about half or three-quarters of an hour.

**Plum Tart** — Select blue plums or ripe green-gages; stem and stone them and fill with them a deep pie-plate or better still a shallow pudding-dish strewn with sugar; cover with an upper crust and after cutting several slits in the pastry to allow the steam to escape, bake in a moderate oven. When ready to serve lift the crust lay it upside down on a large plate, turn the plums out upon the paste and smother all with whipped cream.

Another way (English recipe) — Line the edge of a tart-dish with puff paste or with short crust. Fill the dish with plums and sprinkle a little moist sugar over them. The quantity of sugar required will depend upon the quality of the plums. Cover the dish with pastry, bake in a moderate oven and serve the tart hot or cold. The appearance of the tart will be improved if it is glazed. To do this take it from the oven before it is quite done enough. Brush it over with white of egg which has been beaten to a froth, and cover with finely sifted sugar. Sprinkle a few drops of water over it, and return it to the oven to set the glaze. Or, before putting it in the oven, brush it quickly with cold water and sprinkle white sugar upon it.

**Pumpkin Pie.** — Cut the pumpkin into thin slices, and boil until tender

in as little water as possible, watch carefully that it does not scorch; drain off all the water. Mash, and rub through a sieve, adding white warm, a small piece of butter. To every quart of the pumpkin after mashing, add one quart of new milk and four eggs; the yolks and whites beaten separately, white sugar to taste and cinnamon and nutmeg as desired. A very little brandy is a great improvement. The oven in which they are baked must be hot or they will not brown. It is well to heat the butter scalding hot before pouring into the pie-dishes.

Another way — One quart of pumpkin after it is stewed and mashed fine through a sieve, one pint of rich cream, six table spoonfuls of chopped beef suet or  $\frac{1}{4}$  lb of butter and eight table spoonfuls of sugar, four eggs, a wineglassful of wine and half that quantity of brandy, half a nutmeg, and a dessert spoonful of ground ginger. Line pie-plates with pastry rolled thin at bottom and ornament the top with twisted strips laid crosswise.

Another way (New England recipe) — Peel and slice the pumpkin, cover with water and stew for six hours. Then strain through a sieve. To three cupfuls of the mash thus obtained add one teaspoonful of cinnamon, one-fourth of a teaspoonful of grated nutmeg, one-half a teaspoonful of salt, and a generous half-cupful of sugar. To the whole add one and one-half cupfuls of scalded milk, and, when cool add two well-beaten eggs and bake a good three-quarters of an hour. This is for one pie. To make the crust take a scant one-half cupful of butter, three table-spoonfuls of lard, one-half a teaspoonful of salt, one-half a teaspoonful of sugar, and two and a half cupfuls of flour. Chop the whole in a tray and add a little water. Apply the rolling-pin.

**Quince Pie** — Line the edges of a pie-dish with a short paste. Fill the dish with quinces and apples pared, cored, and quartered, sprinkle a little sugar on the top and add a

pinch of grated lemon peel. Moisten the edges, cover the dish with pastry and bake in a moderate oven. Sift a little powdered sugar over the pie before sending it to table. Time to bake, according to size.

**Quince Tart** — Put 1 lb. of sugar into a pan, pour over it a pint of water and boil the sugar to a syrup. Slice 1 lb. of quinces into it, and let all boil till it becomes a marmalade, stirring all the time. Next take 6 ozs. of chopped almonds 2 ozs. of citron the peel of two lemons cut very thin, or grated together with the juice of the lemons. Let all boil up, cover a baking-plate with a water-paper, pour it over and make it smooth. When the tart is baked beat up the juice of two lemons with pounded sugar till it is white like ice, cover the tart with it and let it dry in a cool oven.

**Raspberry Pie with Cream** — Bake till the pastry is done enough. Take it out of the oven, gently lift up the cover and pour over the fruit a rich custard made with half a pint of cream which has been beaten up with the yolks of two eggs. Lay the cover again on the dish and return it to the oven for five minutes. Sift powdered sugar over the top and serve hot or cold. Time to bake three-quarters of an hour for a moderate-sized tart.

**Raspberry Tart** — Fill a pie-dish with picked raspberries or if preferred with equal portions of raspberries and red currants. Line the edges of the dish with pastry, strew sugar over the top and cover the fruit with pastry rolled out to the thickness of a quarter of an inch. Ornament the edges and bake the tart till the pastry is done enough. When cold sift powdered sugar over the top and serve.

**Rhubarb Pie.** — Peel the rhubarb and if it is very large divide it into two or three strips and then into

short lengths. Fill the dish as full as it will hold, sprinkle some sugar over it, add a small pinch of salt and, if liked, mix with the fruit a flavoring of grated lemon peel and ground ginger, or a little nutmeg, grated. Line the edges of the dish with pastry, moisten these with water, and lay a cover of pastry over all. Press the edges closely together and ornament them, then sprinkle a spoonful or two of cold water over the pie and dredge a little white sugar upon it, bake the pie in a well heated oven until the pastry loosens from the dish. Serve either hot or cold. Time to bake half an hour to one hour, according to size.

Another way — Chop very thin enough rhubarb to make a good pint. Mix together one and a half cupfuls of sugar, two teaspoonfuls of flour, two beaten eggs and a slight grating of lemon peel. Stir this into the cut rhubarb. Line pie-cups with rich pie-crust and fill with the rhubarb mixture. Cover with an upper crust. Bake the pies in a moderately quick oven at first and then reduce the heat.

**Rhubarb Tart** — Cut the large stalks from the leaves, strip off the skin and divide the fruit into pieces half an inch long. With a pint of these pieces put half a teacupful of water, half a teacupful of brown sugar, a small pinch of salt, and a quarter of a nutmeg, grated. Stew the fruit gently until it is quite soft, then beat it with a wooden spoon until it is smooth. Line some small dishes or tartlet-pans with pastry, and spread on this a layer of the stewed fruit a little more than a quarter of an inch deep. Roll out some pastry brush it over with yolk of egg, beaten up with a table-spoonful of milk, and cut it into strips a quarter of an inch wide. Lay these across the tart. Lay a band of pastry round the edge of the dish, trim it evenly and bake the tart in a well-heated oven. When the pastry loosens from the dish it is done enough. Time to bake half an hour or more.

**Rhubarb Turnovers** — Make a little good pastry and roll it out to the thickness of a quarter of an inch. Stamp it out in rounds from four to six inches in diameter, and lay upon one-half of the pastry a little young rhubarb, cut small, or a little stewed rhubarb. Add sugar to taste and sprinkle a little powdered ginger over the fruit. Turn the pastry over, pinch the edges closely together, and brush the turnovers with white of egg. Sprinkle a little powdered white sugar over them and bake on tins in a brisk oven. Time to bake, about twenty minutes.

**Rice Tart.** — Wash a small teacupful of rice and summer it with a quart of milk until it is tender. Beat it well, and mix with it a pinch of salt, a little sugar, a flavoring of nutmeg, cinnamon, or lemon, and three eggs. Line a pie-dish with good pastry, spread the rice upon it, and bake in a quick oven. Before serving, sprinkle the surface with sifted sugar. Time to bake, half an hour.

**Squash Pies** — A quart of squash, a quart of milk, three eggs, a teaspoonful of flour, two teaspoonfuls of

ginger, one of cinnamon, butter the size of a nutmeg, one cupful of sugar, and a small teaspoonful of salt. This will make two good-sized pies.

**Sweet-potato Pie** — Allow one large potato to every pie. Boil until done, remove the skin, mash thoroughly, add a piece of butter the size of a walnut, and enough milk to make it run through the colander without much difficulty. When cold, add yolks of two eggs well beaten, sugar to taste, a little cinnamon and nutmeg, brandy to suit, and the beaten whites of the eggs. Line a pie-dish with paste, pour in the mixture, and bake about half an hour.

**Tomatoes for Pies** — In the autumn take the large sort that will not ripen before frost, pare them, and to every 8 lbs allow three of sugar and half a pint of molasses. Boil slowly three or four hours. Put away in jars. These make an excellent pie in winter. When you use them, make a bottom crust, fill the pie-dish with the fruit, with a few slices of lemon on top, and if the fruit should be too thick pour on a little water, then put on the top crust.

### Pies, Meat

See Beef, Mutton, Pork, Veal

### Pies of Game

See Game

### Pig Barbecue

See Pork

### Pigs' Feet, Boned

See Pork

**Pigeons** — The following recipes will be found under their respective headings as indicated.

**Pigeons en Matelote** See Game  
Vol au-vent of  
with Green Pease

**Pillau, East Indian** — Three onions, four or five cloves, a small piece of cinnamon,  $\frac{3}{4}$  lb of butter,  $\frac{3}{4}$  lb of rice, one fowl, six or seven hard-boiled

eggs, 2 ozs of almonds, 2 ozs of raisins, a few cloves, and some small onions. Take the onions, cloves and cinnamon and fry them together with the butter, then put in the rice and let it fry with them, but do not make it brown. Boil the fowl, and with the gravy instead of water, put it to boil with the rice, taking care always to have two inches of gravy above the rice. When the rice is half done, put the fowl into the middle of it and let it remain over a gentle fire till sufficiently done and dry. Then take it up, put it into a deep dish, cover the fowl all over with the rice, and garnish with hard-boiled eggs cut in quarters, the almonds blanched and the onions, cloves and a few small onions boiled. Lamb may be used instead of fowl.

**Pineapples**—The following recipes for cooking pineapples will be found under their respective headings as indicated

Pineapple Cordial	See Beverages
Punch	
Cream	
See Creams also Ices	
Compote of	See Fruits
Glaze	
Shred	
Ice	See Ices
Sherbet	
Jelly	See Jellies
Canned	See Preserves
Preserved	
Syrup	
Salad	See Salads
Souffle	See Souffles

Piquante Sauce      See Sauces

Piques      See Cakes

Pistache Ice-cream.      See Ices

Plain Pudding Sauces  
See Puddings

Planter's Pickle      See Pickles

**Plums**—The following recipes for cooking plums will be found under

their respective headings as indicated

Plums, Compote of	See Fruits
Dried	
Loaf	
Lozenges	
Vol au vent	
Cake	See Cakes
Custard	See Custard
Pudding Ice cream	See Ices
Branded	See Pickles
Pie	See Pies
Tart	
Canned	See Preserves
Jam	
Jelly	
Preserves	
Pudding	See Puddings

Poached Eggs      See Eggs

Polenta, Italian      See Macaroni

Polenta, Savory      See Macaroni

Pompano au Gratin      See Fish

Poor-man's Pudding  
See Puddings

Pop-corn Candy      See Candy

Popovers      See Bread.

## PORK

**Pork.**—Fresh pork should be chosen with greatest care. It is generally agreed that dairy-fed pork is the best. The fat should be white and firm, the lean finely grained and the skin thin. If the skin is thick the pork is old; if clammy, it is stale. Pork should not be eaten during the summer months. A little salted pork or bacon should always be kept on hand for larding and cooking with meats, poultry, etc., and as an appetizing accompaniment to breakfast dishes. Pork must be thoroughly cooked.

**Bacon, Boiled**—Just cover the bacon with cold water. Allow it to very gradually come to a boil, removing all scum as it arises, and simmer until thoroughly done, then pull off the skin and serve with bread-crumbs over the top. Time to boil: 2 lbs. one hour and a half, half an hour for each additional pound. To serve warm for breakfast, cut into thin slices, sprinkle each slice with fine bread-crumbs mixed with a little cayenne pepper, and toast quickly. A common wire toaster that can be turned without displacing the bacon is best.

**Bacon, Broiled** — Cut streaked bacon into thin slices and fry them on a griddle over the fire turn repeatedly until of a light brown color and serve hot. Time to broil, three to four minutes.

**Bacon and Calf's Liver** — Both bacon and liver should be in thin slices. Fry the bacon, and remove it as soon as it is done enough to a hot dish before the fire. Flour and pepper the liver and place it in the pan turn frequently until done then place a slice of bacon on each slice of liver. Make a gravy by pouring off the fat and dredging a little flour into the pan pour in enough water to supply the quantity of gravy desired add a table-spoonful of lemon-juice boil and pour upon the dish. Garnish with slices of lemon. Time, from five to ten minutes.

**Bacon and Eggs** — Place nicely cut slices of streaked bacon from which the rind has been cut off to prevent it from curling up into a cold pan over a slow fire turn frequently and serve with eggs which may be poached or fried and laid on the bacon. Time, three or four minutes.

**Bacon or Ham Omelet** — Beat six eggs and add a small teaspoonful of flour mixed with a table-spoonful of milk or water and pepper and salt to taste. Mince  $\frac{1}{2}$  lb of cold boiled bacon or ham and stir it in with the egg. Dissolve a good piece of butter or fat in the omelet-pan and pour in the omelet. Shake the pan while cooking. In three or four minutes the sides may be folded over and the omelet turned out on a hot dish or taken up with a flat spoon. Some cooks prefer to put the bacon or ham in the middle and fold the sides over it. This kind of omelet may be made with a variety of ingredients cold meat, kidney green-pease, asparagus tops small mushrooms oysters and lobster. Time, from three to four minutes.

**Bacon and Lima Beans** — Put 2 lbs of good, tender bacon into a pan with cold water, nearly full. When it has boiled over one hour add a quart of lima beans, and boil till tender. Take off the skin from the bacon sprinkle bread crumbs over the top of it and serve with the beans under and fried parsley is a garnish round the dish. Smoked bacon should be dressed separately and placed on the beans when ready.

**Bacon Salad Dressing** — Cut 3 or 4 ozs of streaked bacon into very small dice and fry them to a pale color but crisp. Beat the yolks of three eggs with a table-spoonful of flour four table-spoonfuls of vinegar and half a much tin of water, add a spoonful of made mustard, some salt and pepper. Put this to the bacon in the stewpan and stir it over the fire until thick and smooth. The bacon fat supplies the place of oil. It must be stirred while cooling. Should it be thicker than cream, thin it with a little vinegar and water well stirred in. It is very good for potato salad.

**Ham with Aspic Jelly** — The best garnish for a cold ham that is intended to be used at once is aspic jelly as it may be eaten with it. It should be cut into dice and the dish ornamented with it in any appropriate way. A few carrots and pickles stamped into shapes may be added. When a ham is expected to be kept for some days however this garnish should not be used, as it soon spoils.

**Ham, To Boil a.** — This is ordinarily esteemed so simple a process that most housekeepers will regard a recipe superfluous but ham is often served underdone and therefore salty tough and unpalatable. It is always best to wash a ham the evening before the day you wish to have it cooked, and let it soak in water all night. In the morning cover it well with water and keep it slowly boiling until you are ready to dish up your dinner. You

may ascertain if it is sufficiently done by the readiness with which the bone on the under side may be removed. If it comes out easily, the ham is done. You may remove the outside skin, or not, as you choose. Some epicures think a ham ruined if either skinned or cut until perfectly cold, esteeming it desirable to retain all the juices. The prettiest way of serving up ham is to take off the skin after being thoroughly boiled, to grate bread-crumbs thickly over the top, and brush the whole over with the yolks of eggs. Then put into the oven and brown nicely. If during the process of boiling, it is found necessary to add more water, be sure that this is boiling, for cold water will inevitably render the meat tough.

Cold boiled ham, cut into pieces about twice the size of an oyster, and dipped into batter, frying in a hot oven just long enough to cook the batter, makes a very good relish for tea. Allow for the batter two or three eggs to half a pint of milk, and flour sufficient to make it stiff enough if preferred, the pieces of ham can be dipped in the yolk and white of an egg beaten together until light and then rolled in cracker finely pulverized.

Another way — Select a ham from 12 to 15 lbs in weight that has been well cured with saltpetre. Let it soak in cold water all night. In the morning put the ham into a large iron boiler covering it well with fresh cold water and set it to cook on the back of the stove, where the heat will be steady but moderate. If the water should need replenishing, refill with hot water. When the meat leaves the bone easily, it is sufficiently done. The best way to serve a ham is to draw off the skin brush the top of the ham with yolk of egg sprinkle thickly with finely rasped bread-crumbs or cracker-dust flavored with pepper. Put it in a baking-pan in the oven and let it brown. Serve in a large flat meat-dish. Garnish with small sprigs of parsley.

**Ham, Broiled** — Slice the ham in pieces rather thicker than when to be eaten cold. Have a griddle heated thoroughly. Place these slices well peppered in it. Use enough of the fat of the ham to prevent burning and to supply gravy. Time to cook, five minutes. If liked, a little made mustard may be added.

Another way — If the ham is too salt, cut into thin slices, pour boiling water over them, letting it remain ten minutes, wipe the ham a little, and place it on the gridiron. This takes out the salt. Ham that has been boiled broils nicer than the uncooked meat.

**Ham Croquettes** — Chop 1 lb of lean, cold boiled ham, mix with the yolks of two eggs, a spoonful of salt and powdered sage each, a salt-spoonful of pepper,  $\frac{1}{2}$  lb of stale bread-crumbs soaked in cold water until soft and then squeezed dry. Wet the hands in cold water, and make the mixture into small croquettes, dip in cracker-meal seasoned with salt and pepper and fry in boiling fat. When the croquettes are brown, take up carefully with a skimmer lay on brown paper to drain, and serve very hot.

**Hams, Easter (Maryland style)** — The ham is cut out of the bag, washed carefully, put into cold water and allowed to gently simmer until it is about half done. When taken out, the ham is set aside until it is cool, and then skinned. The stuffing is prepared by taking a "good parcel" of cabbage sprouts, a handful of parsley, a small piece of stale bread and chopping them all together with plenty of black pepper. Deep gashes are then made in the ham with a sharp knife about an inch apart, from the hock down the whole length of the ham and these gashes are tightly stuffed to the very bone with the greens. A wooden skewer is the best aid here. After that the ham is baked until done—an hour or so will probably be enough. In

preparing for baking it is well to prick the ham with a fork of air and a fork of corn meal and it is well also to put about a half pint of water into the drip-pan which should be set in a clove oven. There should be no fat time in the cooking steam makes tenderness enough. When brought upon the table it decorated with parsley and round blotches of black pepper the host takes his sharp knife into the ham and its thin pink slices fall on the dish all veined with green hues.

**Ham and Eggs** — Cut the ham into thin slices of a uniform thickness and if it is very hard and salt soak it for eight or ten minutes in boiling water then drain and dry it in a cloth. Cut off the rind, put the slices in a cold frying-pan and turn them two or three times during cooking. Put them on a hot dish and if the fat is in the least discolored pour the eggs separately and slip them into the pan like them up drain them from the fat, and place them on the ham. Serve as hot as possible. Time seven or eight minutes to fry the ham.

Another way — Broil thin slices of boiled ham three or four minutes over a brisk fire. Try out a little salt pork in a pan then add the eggs one at a time, basting them once with the fat in the pan.

**Ham Escalopes au Xerès** — Cut into thin slices and free from fat 1 lb of cooked ham. Mix a teaspoonful of flour and a table spoonful of butter to a smooth paste, and spread with a knife a small quantity of the mixture on each side of each slice of ham. Sprinkle the slices with powdered sugar, and put a little in the chafing-dish after they are piled one on top of the other in the dish. Add one gill and a half of the best sherry. Cook fifteen minutes with cover on over a moderate flame, basting four times. Serve hot.

**Ham Fingers** — Cut thin slices of lean, cold boiled ham, cut each slice into strips half an inch wide, dip into a thick tomato sauce, place four on a slice of bread cover with a top slice cut into four fingers, lengthwise fold each one in a lettuce-leaf, and pile on a napkin.

**Ham and Fowl, Potted** — Take the meat from a cold chicken and put it into a mortar with ½ lb of cooked ham fat and lean mixed. Pound these to a pulp, and season them with pepper and a very little pounded mace. Put the bone and trimmings of the chicken into a sauce-pan, with a small bunch of sweet herbs, half a blade of mace and as much water as will cover them. Boil the meat down to glaze. Mix this and 2 ozs of clarified butter with the pounded meat. Put it into small jars, and pour clarified butter over the top. Time, about one hour to prepare.

**Ham, Roast** — Scrape, soak, and wipe the ham. Put it into a dish, pour a bottle of Madeira wine over it, cut a carrot and two onions in slices, put these over it also with two bay-leaves, two cloves, and six stalks of parsley. Baste now and then, and leave thus for twenty-four hours, then remove the bone at the larger end trim off fat and lean, and put it in a bake pan, turn the seasonings over it, put into the oven, baste now and then until cooked, which you ascertain with a skewer. Dish it, strain the gravy over it, and serve with wine sauce.

**Ham, Roast (with sherry)** — Put a small lean ham of 8 or 9 lbs into cold water for six hours, dry with a clean towel put it into a saucepan, and cover with cold water. Season with one onion four sprigs of parsley, four cloves, and four whole peppers. From the moment it starts boiling it requires two hours of cooking, but not fast. Remove from the saucepan, lift up the skin, and trim off the fat of the top to a half-inch thick-

me 7 Put into a roasting pan and with  $\frac{1}{4}$  lb of granulated sugar put a thick coating and the balance in the pan. Pour into the pan one pint of sherry wine. Cook in a moderate oven forty minutes, basting every ten minutes. Serve the ravy in a sauce-boat. The ham must be cut very thin, and may be served hot or cold.

### Ham Sauté, with Dandelion Purée

—Trim  $\frac{1}{2}$  lbs of ham and cut into pieces a quarter of an inch thick. Put into a saucepan with sufficient cold water to cover. Let all come to a boil and after simmering for fifteen minutes remove the ham and drain well. Put in an earthen crock one table-spoonful of butter, and stand over fire. When hot, add the ham and cook gently for 15 minutes. Add a slight sprinkling of pepper but no salt.

### To Prepare the Dandelion Purée —

Cut a little of each root to free them and pull off the larger leaves. Put them into a bowl with cold water. Examine each heart and cut out every suggestion of bud that may be found. Put the hearts into a separate bowl of fresh water. Wash the large leaves in several waters and cook them thirty minutes in plenty of boiling water which has been salted to taste. Drain them. Plunge them into cold water, and next drain and press out all the moisture. Chop very fine and pass them through a colander. Put into a saucepan one table-spoonful of butter. When melted add the cooked dandelion. Sprinkle over these one table-spoonful of flour. Mix well and add one gill of broth or milk and cook eight minutes stirring meanwhile. Season with half a salt-spoonful of pepper but use no salt. Remove from the fire add another table-spoonful of fresh butter and mix well. The hearts of dandelion which have been cooling and freshening in cold water should now be cleansed, taken out and shaken gently in a salted-basket or a clean napkin. Be careful not to bruise them. Serve with a French dressing.

**Ham, Fresh, Stuffed and Roasted** —Have the bone carefully removed from a nice fresh ham of about 7 lbs. make small incisions all over the skin on the top, rub in one table-spoonful of salt and one salt-spoonful of black pepper. Wash one quart of red beans and put them in two quarts of cold water with half a table-spoonful of salt one onion with one clove and in it two sprigs of parsley. Boil one hour and a half drain them remove onion and parsley, take half of the beans and pass them through a strainer, keep the other half for further use. Chop two large onions, put them in a small saucepan with one table-spoonful of butter, cook three minutes but do not brown them. Add them to the purée of beans with two table-spoonfuls of finely chopped parsley and one salt-spoonful of black pepper, mix well. Stuff the ham with it, stitch the opening, and put a string all around it to keep it in a nice shape. Sprinkle all over with one table-spoonful of salt and one salt-spoonful of black pepper, put it in a roasting pan with two gills of stock. Roast in a moderate oven one and a half hours then add the other half of the beans and cook one hour more. After the first half hour of the roasting baste well every twenty minutes. Remove the strings and serve. It is a novel way to prepare a fresh ham not expensive, wholesome more delicate and tasty than roast pork. Served cold the next day it is delicious. If any beans are left over, serve them cold with a French dressing.

**Ham Turnovers** —Chop cold boiled ham fine and warm in butter. Beat two or more eggs according to quantity of ham and pour into a saucepan. When it is brown on one side spread the ham on half of it and turn the other half over it.

**Ham, Virginia, To Cure.**—For curing eight hams averaging 12 lbs in weight, have ready three gallons





Flatten them slightly with the kitchen knife. Melt two table-spoonfuls of butter, put in it one teaspoonful of salt, one salt-spoonful of pepper. Mix well, dip the chops in it on both sides. Have one pint of freshly made bread-crumbs, roll the chops in these, broil them six minutes on each side. Serve them with a paper ruffle on each handle.

**Pork, Loin of, Baked** (German method) —Score the skin of a fresh loin of pork, sprinkle a teaspoonful of salt over it, and lay it in a baking-dish with half a cupful of stock or water, baste liberally. When the meat is half cooked, sprinkle two table-spoonfuls of caraway seeds over it. The brown gravy which is in the dish may be served with the meat. The fat must be cleared from it, and it must be strained and seasoned with pepper and salt. Time to bake, about twenty-five minutes for every pound.

**Pork, Loin of, Marinated** (a German recipe) —Score a fresh loin of pork in the usual way and rub it well with powdered sage, lay the meat in the salting-pan and pour over it two pints of tarragon vinegar and two pints of cold water. Add a dessert-spoonful of salt,  $1\frac{1}{2}$  ozs of bruised peppercorns, a piece of garlic the size of a pea, twelve young sage-leaves and a small onion. Turn and rub the pork every day for three days. Take it up, drain it, rub it again with powdered sage, wrap it in an oiled paper and roast before a clear fire. Baste liberally with the pickle. Serve on a hot dish, and send to table with the meat a sauce prepared as follows. Mix smoothly in a sauce-pan 2 ozs of butter and a table-spoonful of flour, add gradually half a pint of the pickle with which the pork has been basted, a teaspoonful of moist sugar, half a teaspoonful of salt, a pinch of cayenne, and a glass of port. Simmer the sauce over a gentle fire until it is of the consistency of cream, and send it to table in a

tureen. Time to roast, twenty-five minutes per pound.

**Pork, Roast** —Score the skin of a leg of pork or a fresh loin of pork at equal distances about a quarter of an inch apart. Brush it over with salad oil, and place the joint in a moderate oven, putting a little water in the baking-pan. Baste liberally, and when done enough serve on a hot dish, and send brown gravy and apple-sauce or Robert sauce to table with the meat. If liked, a little sage-and-onion stuffing may be served in a separate dish. It is better not to send it to table on the same dish as the meat as many people object to the flavor. Time, a loin of pork weighing 5 lbs., about two hours.

**To Carve** —In carving either the roast leg or loin of pork the knife must follow the direction of the lines scored by the cook, before the meat was roasted on the skin which forms the crackling. This skin is too crisp to be conveniently cut through. It usually happens that the lines scored on the roasted leg of pork are placed too far apart for single cuts. In order, therefore, to cut thin slices from the meat, raise up the crackling. The seasoning should be placed under the skin round the shank bone, but this seasoning is frequently omitted.

**Pork Tenderloins, Broiled** —Pare and trim all the fat and sinews of two tenderloins of pork. Blend one teaspoonful of salt and one salt-spoonful of pepper with one table-spoonful of butter, and dip the fillets in it. Broil slowly, allowing eight minutes for each side. Chop very fine enough gherkins to fill one table-spoon and same quantity of parsley, to which add two table-spoonfuls of melted butter and one teaspoonful of vinegar. Arrange the fillets on a hot platter and pour over them two table-spoonfuls of melted butter and one teaspoonful of vinegar that have been well mixed. Serve with turnips, oyster-plant or any other desirable vegetable. Pork tenderloins are frequent

## Sausages, Fried

It is served in a little water is possible  
Season with salt, pepper, and a bay-  
leaf

**Sausages, Fried** — Melt a little butter in a frying pan and as soon as it is dissolved put in the sausages in a single layer. Sift flour over them and fry over a very gentle fire till they are browned moving them about so that they may be equally colored all over. Drain the fat from them by laying them on a hair sieve before the fire for a minute or two, and serve them on a toast or round. Send a mould of mashed potatoes. A sauce to table in a tureen. As sausages especially when made of pork need to be well dressed care must be taken to heat them very gradually, so that they may not be burned outside before they are done enough in the centre. When the oven is moderately heated they may with advantage be baked instead of fried. Time to fry, fifteen to twenty minutes.

**Sausages, Fried, with Apples** — Take  $\frac{1}{2}$  lb. of sausages and six apples. Cut four of the apples into thin slices and cut the remaining two into quarters. Fry them with the sausages to a fine light brown and lay the sausages in the centre of the dish and the apples round. Garnish with the quartered apples.  
For other Sausage recipes see

**Sausages, Sauce for** — Dissolve a little fresh butter in a saucepan. Stir into this enough flour to make a smooth paste, rub it briskly over the fire until it is browned, moisten gradually with boiling water till it is as thick as cream, add a table-spoonful of catsup. Boil the sauce for a few minutes, place the sausages in a dish, and strain the sauce over them.

**Scrapple** — Boil the pork (a pig's head will answer) in four quarts of cold water and bring it slowly to the boil. Skim carefully, season the liquid rather highly with salt and

## Sucking-pig Barbecue

cayenne, and add half a dozen sage leaves, chopped small. Let the meat simmer gently for two hours, then take out the bones, mince the flesh finely and put it back into the liquid. Stir in as much sifted corn meal as will thicken the liquid, and simmer two hours longer, until it is of the consistency of thick porridge. Pour into deep jars and set in a cool place. When served apple is to be eaten, cut it into slices and fry these in hot fat for breakfast. Time, ten minutes to fry the slices.

**Souse, or Head-cheese** — Take the head, tongue, and feet of one or more fine well grown porkers, clean these pieces well, and soak in water for twelve hours. Then boil until the flesh will slip easily from the bones, chop the meat and season with salt, black pepper, cloves, sage or sweet-majon in rubbed fine mix well and fill with it moulds of any size or shape you choose. In two days it will be fully set and fit for use. As this souse will keep well and is a favorite dish, suiting almost any meal, house-keepers frequently make a supply of it sufficient to last during the winter season. In this case, turn out the moulds and pack them in a jar capacious enough to hold all you have then pour over the souse vinegar and water enough to cover the whole place a plate over the top, and weight it down so that the souse is completely submerged, tie up the jar close, and you will always have something ready for an unexpected guest, or luncheon suddenly called for. Made mustard and any other high-seasoned condiment may be added at the table to suit the individual taste.

**Sucking-pig Barbecue** — Make a force-meat of two anchovies, six sage leaves and the liver pound them in a mortar together with bread-crumbs, 4 ozs of butter, some paprika, and half a pint of wine, stuff the pig and sew it up, place very near a hot fire and baste it. When done, take it up and allow to cool, glaze with aspic jelly, and garnish with cresses.

**Mush, Crushed-wheat** — Grits should be stirred gradually into boiling water until a thin mush is formed, the boiling should be continued slowly for an hour or two, the coarser the grits the longer they should be boiled. Raisins may be cooked with it for a seasoning.

**Mush, Farina.**—One or two tablespoonfuls of farina stirred into one cupful of boiling salted water in a double boiler. Boil fifteen minutes, then add a cupful of milk with a little sugar. Boil fifteen minutes longer.

**Mush, Indian-meal.** — It requires longer boiling and more careful mixing than oatmeal. The meal should be mixed with boiling water or milk gradually and stirred rapidly between each handful to prevent it from lumping. It requires long boiling and when boiled is served with salt sugar and milk separately, or it may be put into a well-buttered basin and served turned out while still warm. Polenta is made with partly cooked mush turned into a well-buttered, shallow dish and mixed with grated cheese to be baked from fifteen to twenty minutes —  $\frac{1}{2}$  lb of mush to 2 ozs of grated cheese.

**Porridge, Milk.** — Put into an enamelled saucepan half a pint of whole groats on which pour a pint and a half of cold water. Boil well for two or three hours adding more water if too thick and strain through a colander or sieve. This porridge may be kept two or three days and when wanted boiling milk should be added.

**Porridge, Oatmeal** — Put a pint and a half of water or milk and water into a saucepan and add a pinch of salt. When the liquid fully boils as it is rising in the pan sprinkle gradually 2 ozs of oatmeal into it and at the same time stir briskly with a fork. Keep stirring until the lumps are beaten out. Boil the mixture

for a quarter of an hour pour it on a plate, and eat it with milk and sugar or syrup. The secret of making it properly is to let the water boil first before putting in the oatmeal. Time, a quarter of an hour from the time the water boils. Sufficient for one person.

**Porridge, Scotch Oatmeal.** — Oatmeal porridge is made of oatmeal, water, and salt only, no sweet milk, buttermilk, nor butter being necessary although all of these articles may be used as relishes with it. It is best made from meal of medium coarseness. The water must be boiling when the meal is stirred in, and it must be stirred in carefully and gradually and not thrown in all at once and the stirring must be continued during the time of boiling, which should not be less than fifteen minutes, and is much better boiled longer. If longer boiled, the grain of the meal gets softer and of course the porridge gets thicker. Porridge is more palatable when a flat dish is used for it than when it is put into a bowl.

**Pot-au-Feu** — Put in an earthen pot sufficiently large 4 lbs of beef sliced a good knuckle of veal, and a fowl half roasted. Add nearly three quarts of cold water set it at the side of the fire and skim gently. Add salt two carrots a turnip, three leeks half a head of celery tied in a bundle and a clove stuck in an onion and let it boil slowly for five hours without closing. Then take up the roots and trim them neatly, taste the broth using but little salt to flavor the soup. Skim add the roots to it and serve. This is a healthy soup, and good in families where the nourishment of children is to be attended to.

Potage à la Crécy  
à la Reine  
à la Xavier  
Brunaise  
Velours

See Soups

**Potatoes** —The following recipes for cooking potatoes will be found under their respective headings as indicated

Potatoes, Muffins See Bread  
 and Eggs See Eggs  
 Omelet  
 Fritters See Fritters  
 Pudding See Puddings,  
 also Vegetables  
 Salad See Salads also  
 Vegetables  
 Soufflé See Soufflés  
 Soup See Soups  
 à la Crème See Vegetables  
 à la Duchesse  
 à la Maître  
 d'Hôtel  
 Balls  
 Boiled  
 Bread  
 Broiled  
 Browned  
 Cakes  
 Croquettes  
 Fried  
 Housekeeper's ..

Potatoes, Lyonnaise See Vegetables

Mashed  
 Miroton of  
 Moulded, with  
 Cheese Sauce  
 New Boiled  
 Parisian  
 Patties  
 Purée of  
 Ribbons  
 Saratoga  
 Scalloped, with Sauce  
 Piquante  
 Snow  
 Stewed  
 Straw  
 Stuffed

Potted Cheese See Cheese

Potted Eggs See Eggs

Potted Meats  
 See Beef, Meats, Mutton, etc.

Poule-au-Pot (Mlle Françoise's)  
 See Soups

## POULTRY

*General Directions for Preparing Fowls for Baking or Roasting*—Fowls to be tender should be killed two days before they are cooked. When plucked, singed, and drawn, rub clean outside, and wipe inside with a wet cloth. Cut off the heads, and skewer the skin of the neck down the back. Cut the skin of the leg at the joint bend it back and run a fork under each sinew and draw it out. Then cut off the leg. This leaves the drumstick in eatable condition. Turn the pinions under, run a skewer through them, skewer also the legs firmly to the sides of the fowls, running each skewer through the body to the leg and pinion on the other side, one skewer securing both pinions and another both legs. Tie the legs firmly to the sides. When prepared, singe and wipe clean. Stuffing made of

grated bread-crumbs, sweet herbs, pepper and salt and one well-beaten egg should be put inside of each fowl. Chestnuts or oysters or onions are also used as a stuffing which can be varied to taste. Butter the skin slightly and dredge on a little flour, bake in a slow oven or roast before a fire until a fork thrust in the breast will not draw blood. Then butter the outside again, dredge on more flour, quicken the oven, and brown. Serve with rich-made gravy, using the giblets. The age of poultry makes all the difference—nothing is tenderer than a young chicken, few things are tougher than an old cock or hen, which is only fit to make broth. The meridian of perfection of poultry is just before they have come to their full growth, before they have begun to harden. In a young chicken the end

of the breast bone is soft and bends easily. The older the fowl the harder the breast bone. If poultry is to be boned it is not drawn.

#### *How to Make a Tough Fowl Tender*

—Truss the fowl as usual and then infold it completely in two thicknesses of wrapping-paper, securely fastening the paper with a piece of string. The fowl may now be put in the oven and roasted for three-quarters of an hour. At the end of this time the paper is removed and the chicken returned to the oven and roasted as long as would have been necessary had it been tender in the beginning. It must be basted often and turned occasionally. When done, it should be as toothsome as a young chicken.

**Chicken in Aspic** —Boil a good-sized chicken until tender, and let it become cool. Strain the liquor and clear it by bringing it to a boil with the white and shell of an egg, skimming, and straining again through a flannel. Season well with onion-juice (use this with discretion) celery salt, and white pepper. (The usual soup vegetables should have been cooked with the chicken in the first place.) Heat it again and stir into a quart of the liquid half a box of gelatine which has been soaked in a little cold water. When this is dissolved set all aside to cool. Cut the chicken into dice. If you have any cold tongue or ham cut from it several small disks. When the jelly begins to form wet a number of timbale moulds with cold water, lay a disk of the tongue or ham in the bottom of each, pour in a little of the aspic, fill the cup loosely with the chicken dice and pour in as much more jelly as the mould will hold. Set on the ice to form, serve surrounded with lettuce. Mayonnaise dressing may be passed with it. If preferred the chicken may be formed in one large mould.

**Chicken, Boiled, with Pease** —Singe and draw a tender chicken of about 3 lbs. Cut it in each joint, make

four pieces of the breast and cut the chicken in six pieces. Wipe off the pieces with a wet and clean towel. Cut in small dice  $\frac{1}{2}$  lb of bacon, boil it in a little water for ten minutes, drain it and put it in a sautoir with half a table-spoonful of butter, add the chicken and let it brown all over for ten minutes. Pour over it one quart of warm broth, add a small bouquet of two sprigs of parsley, a very small bay leaf, one clove, two medium sized white onions, half a salt-spoonful of pepper, no salt, cook fifteen minutes with covered saucepan. Add then one quart of freshly shelled pease, and cook slowly for forty-five minutes. Arrange the chicken on a warm platter, the body pieces first, the legs around the breast, and wings on top, reserve the gravy. Put the chicken in the oven while finishing the gravy. Mix well half a table-spoonful of butter with half a table-spoonful of flour, keep the gravy over the fire, add the mixed flour to it while stirring, mix well do not let boil. Remove the bouquet, serve the pease and bacon around the chicken, pour the gravy over and serve very hot. If broth is not at hand one coffee-spoonful of beef extract diluted in a quart of warm water will take the place of broth, but add one salt-spoonful of salt. Canned pease could be used, but fresh ones, of course are much better. Drain the canned pease and wash them in cold water, drain again and add to the chicken five minutes before serving.

**Chicken, Boned** —Take an old hen and boil it in water until the bones drop out and chop fine, put it back on the fire in a little of the water in which it was boiled with 1 oz of gelatine previously dissolved in a little cold water, season very highly in whatever way you like, and cook gently for a few minutes. Turn out into a shape or mould, and serve cold.

**Chicken, Breaded** —Singe and draw a spring chicken. Cut it into four pieces. Melt one table-spoonful of butter and blend with it one teaspoonful

of salt and one salt-spoonful of pepper, roll each part of the chicken in this, and afterwards in beaten egg. Bread each piece of chicken, put them in a well-buttered pan and pour over one table-spoonful of melted butter. Cook in a hot oven twenty minutes.

Cut two white hearts of lettuce into four parts, wash, and tie up to avoid breaking. Boil for fifteen minutes. Drain, and plunge them quickly into cold water. Put them into a clean saucepan, with sufficient broth to cover them, and cook thirty minutes in covered pan. Take out and drain the lettuce well pressing gently. Keep warm while sauce is being made. Add to the stock in which the lettuce has been cooked one gill of good cream, and cook slowly for five minutes. Mix half a table-spoonful of fresh butter with one teaspoonful of flour, and blend to a smooth paste. Remove the saucepan from the stove, and add this mixture to the stock already in it, stirring so as to mix well. Strain, and serve in a hot sauce-boat.

**Chicken, Broiled** (with tomato sauce) — Split a small spring chicken down the back, twist the tips of the wings over the second joint, wipe dry and break the breast-bone with a rolling-pin. Lay on a greased broiling-iron, and set over a clear fire turn often to prevent burning. Sprinkle with pepper and salt. When done put on a heated dish, pour over melted butter, and serve with tomato sauce.

**Chicken Broth** — This may be made from the inferior joints of a fowl. Roast it for twenty minutes before putting it to boil by this means the flavor will be improved. Generally speaking, a quart of water may be allowed for a medium sized fowl. Put it into cold water, with very little salt and no pepper, as these are better added afterwards. Simmer very gently for a couple of hours and skim the liquid carefully as it comes to a boil. If there is time, pour it out, let it get cold, re-

move every particle of fat, and boil it up again. Chicken broth may be thickened with rice, oatmeal, or pearl barley, and these, besides making it more nutritious will absorb a portion of the chicken fat and make it smoother and lighter of digestion. A piece of beef put in with the chicken is an improvement.

**Chicken en Casserole** — Clean and truss a young chicken as for roasting. In a broad casserole with a top put a sliced carrot and an onion, a sprig of thyme, a stalk of celery, and two table-spoonfuls of butter. Set the casserole on top of the stove, and let the vegetables brown in the butter for about ten minutes. Add to them a pint of brown stock, very well seasoned with salt, white pepper, and paprika, lay in the chicken, cover the casserole, put it in the oven, and keep at a steady heat for three-quarters of an hour. When the chicken has been cooking half an hour, add to the gravy two table-spoonfuls of sherry, a table-spoonful of mushroom catsup, and cover again. Fifteen minutes later drop into the gravy a couple of dozen Parisian potato balls that have been sautéed in butter, and as many French mushrooms, each cut in half. Leave the casserole uncovered in the oven for fifteen minutes, or until the chicken is browned, sprinkle over this a table-spoonful of parsley, minced fine, and send to table in the casserole.

**Chicken, Celeried** — Take a few pieces of cold roast or boiled chicken or turkey, such as remain after the portion presentable in slices has been removed, chop them very fine. To each table-spoonful of meat allow a table-spoonful of cream, season with pepper, salt, a little nutmeg and celery seed, or celery salt. Put the cream and seasoning into a saucepan, and let it come to a boil. Stir in the chicken remove from the fire, and beat till frothy. Pile strips of toast in a hollow square on a hot plate, and fill the centre with the celeried chicken.

**Chicken Consommé.**—Take a 4-lb chicken and a small knuckle of veal Cut up the meat and the bones Put two table-spoonfuls of butter in a soup-kettle, and set over the fire to brown, put in the meat, and stir for five minutes Cover the kettle, and let simmer for half an hour Pour in half a gallon of cold water, and let simmer slowly for two hours Add one sliced carrot, one stalk of celery, one sliced onion, a sprig of parsley, and a bay-leaf, simmer one hour longer Strain and set aside until cold Skim off the fat and reheat.

**Chicken, Creamed**—Cut one pint of cold chicken and one cupful of mushrooms into small pieces Heat one pint of cream in a chafing-dish over the hot-water pan add one level table-spoonful of flour stirred smooth in cold milk When boiling hot add the chicken and mushrooms season with salt pepper, onion-juice and chopped parsley Serve at once

**Chicken (Creole fashion)**—Singe and clean a large fowl, wash it in cold water drain and dry well with a clean towel Truss it tightly as for roasting so as to give it a plump shape Put the chicken in a soup-kettle with 1 lb of raw bacon,  $\frac{1}{2}$  lb of raw, lean ham one veal knuckle Cover with four quarts of cold water Put the kettle over a brisk fire and watch for the boiling-point in order to skim then do this carefully When the first scum has been removed put in half a glassful of cold water Repeat three times the same operation Season then with one teaspoonful of salt one salt-spoonful of black pepper four large carrots four medium-sized white turnips one pint of white onions half a green pepper cut in small pieces three medium sized tomatoes peeled seeds removed and the pulp cut in small pieces Add a large bouquet of three sprigs of white celery without the leaves two leeks four sprigs of parsley, one bay-leaf, three cloves

stuck in one onion, a very small branch of thyme Cook in a covered kettle two hours after the seasoning, and then remove the fowl and the bacon Lift up the rind of the bacon and drain in a colander Slice it then in pieces a quarter of an inch thick, put them into a saucepan with two table-spoonfuls of butter, and brown them slightly on each side Remove from the saucepan and place the chicken in the same gravy until brown all over Strain one and a half quarts of the broth and add it to the chicken and the sliced bacon Add also four levelled spoonfuls of rice well washed and drained Cook thirty minutes in a covered saucepan Dish up the chicken in a warm platter, arrange the rice around it, putting the sliced bacon over the rice, and the remaining half of raw green pepper cut in small strips Do the same thing with one raw tomato, mixing the colors Serve at once very hot Finish the soup with the remainder of the broth strain it rinse the kettle and put the broth back into it Cut the meat of the veal knuckle, and also the vegetables, in small dice Put everything into the broth, add one dozen of medium-sized okras well washed and cut in small pieces Have half a dozen large live hard-shell crabs Trim off the claws and cut them across in two Wash them well Cook twenty-five minutes, and serve this savory soup very hot with crabs and all Some rice could be added to it

**Chicken Croquettes**—The meat of a grown pullet five oysters, and a sweetbread chopped fine, a large table-spoonful of butter melted in a saucepan over a slow fire, a table-spoonful of flour stirred to a cream in the hot butter Add a gill of cream, and stir it five minutes After thus stirring the meat and cream together, put in two well-beaten eggs and stir two minutes longer Season to the taste with pepper, salt, and a little celery seed, or any minced herb that you fancy Roll the prep-



ration into pieces the shape of an egg, then roll in cracker-crumbs after dipping in egg, and fry in hot lard. Garnish the dish either with curled lettuce leaves or parsley.

Another way — One cold boiled chicken, two sets of calves' brains one large table-spoonful of flour one pint of cream, half a cupful of butter, one table-spoonful of parsley, chopped fine, one level table-spoonful of ground mace, juice of one lemon, pepper, salt, and nutmeg to suit the taste. Chop all very fine. Put the butter in a pan with the flour, and when it bubbles add the cream gradually, then the chopped mixture, and stir till the dish is thoroughly heated. Take from the fire and add the lemon-juice, and set away to cool. Roll into shape with cracker-crumbs and egg. All the crumbs should be salted and peppered.

**Chicken, Curry of Spring** — Cut three large slices of bacon, put in a pot with two onions and three potatoes, sliced, let fry until half done. Add two young chickens cut in pieces, cover with water, season with salt and pepper, and let cook till done. Mix three table-spoonfuls of curry powder, add to the chicken, let boil skim out the pieces of pork have a dish of rice, pour the chicken and gravy over. Serve with young corn.

**Chicken, Fricassee of Spring** — Cut in pieces as for frying put in a saucepan with liver and gizzard season with salt pepper and parsley. Cover with water, and let boil until tender, take up. Thicken the gravy with a table-spoonful of flour rubbed in 2 ozs of butter, let come to a boil, add a cupful of cream and a gill of wine. Put the chicken back into the sauce, let stand over the fire two or three minutes, and serve.

**Chicken, Fried.** — Clean and singe a good, fat fowl from 4 to 5 lbs in weight, and wipe fowl inside and outside with a clean towel dipped in cold water. Put in a brasier  $\frac{1}{4}$  lb of lard-

ing pork, chopped fine, place the fowl in this, and let it brown all over for twelve minutes, not too fast, and with uncovered saucepan. Have ready one fresh calf's foot split in four pieces, wash it in cold water and drain it. Put it in one quart of cold water with one teaspoonful of salt, and let it boil for ten minutes drain and add it to the fowl with  $\frac{1}{4}$  lb of raw bacon cut in small squares, and seasoned with half a table-spoonful of salt, one salt-spoonful of black pepper, a bouquet of one bay-leaf, four sprigs of parsley, one small branch of celery, one very small one of thyme, one onion with two cloves and one garlic clove stuck into it. Pour over it half a pint of ordinary white wine and one quart of broth. Place a piece of white paper well buttered, over the saucepan, and put the cover on and cook one hour and a half, not too fast then add one quart of small carrots well cleaned five medium-sized white onions and half a gill of brandy. Cover again tightly and cook one hour more, having care to turn the fowl three times during the cooking. Dress the fowl on a hot platter. Put aside the calf's foot and remove the bones from it. It is served separately when cold with slices of hard-boiled eggs and a French dressing. Strain the gravy, remove all the fat from the surface, and pour over the fowl. This dish is also very good cold. A turkey prepared in the same way is most profitable and inexpensive but it requires one and one-half hours more of cooking and the addition of one-third more of seasoning. If no broth is at hand one teaspoonful of beef extract diluted in one quart of warm water will serve the same purpose, and will not in any way impair the quality of the result.

**Chicken, Fried (with cream gravy)** — Cut up two tender spring chickens roll in flour dredge with pepper and salt. Have a frying-pan ready half full of boiling lard, in which drop the pieces of chicken. Fry brown. Take up on a heated dish, and set to keep warm. Pour a teacupful of rich milk

into the frying-pan, stir in a table-spoonful of flour and butter each, season with salt, pepper, and a table-spoonful of minced parsley. Let come to a boil, and pour over the chickens, garnish with curled parsley.

## Chicken Gumbo

## See Soups

**Chicken Gumbo (filé à la Créole)** — Put a table-spoonful of pork drippings in a pot, when hot, add a table-spoonful of flour, stir until brown, slice an onion, and fry, skim out. Have a chicken cut in pieces, put in the fat, and fry brown. Pour boiling water in to cover, stir, and let simmer. Add the fried onion, a quart of sliced okra, eight cloves, a pod of red pepper, and a bunch of sweet herbs. Let boil slowly for two hours. When ready to serve, stir in a table-spoonful of filé. Take up and serve with plain boiled rice. See also Soups.

**Chicken Jellyed** — Put the chicken in a stewpan with enough water to cover it. Let it come to a boil, then push it back on the stove and let it simmer until it is very tender. Take it out and let it cool. When the water is cold take off the fat, clarify the liquor, season it to taste, and add one box of gelatine to three pints of the liquor. Then pour it into a double mould so that there may be a thickness of one-half to one inch of jelly on bottom and sides. Fill it with the chicken freed from skin, bones and fat and seasoned or, cut the chicken in slices and garnish with a border of aspic jelly. Serve with mayonnaise, tartare, or other suitable sauce.

If veal is boiled with the chicken the liquor will jelly of itself and the gelatine may be omitted. If no double mould is at hand take two dishes or forms or moulds, one of which is about an inch smaller in diameter than the other. In such a case place the larger mould on ice and pour in enough jelly to cover the bottom one inch deep. Then take the smaller mould, fill it with

ice, place it in the larger mould, and fill the space between the two with the jelly. When set, take the ice out of the smaller mould and pour in a little warm (not boiling) water and lift out the smaller mould as quickly as possible.

## Chickens, Spring, with Lettuces —

Cut the feet and heads off three spring chickens, singe them, remove the short quills with a pointed knife. Draw them by a small opening cut under the breast-bone near the second joint. Clean them inside with a wet towel. Wipe them all over, but do not wash them. With a trussing-needle pass a fine twine through the legs to bring them close to the body, tie them from the back. Cut the ends of the wings. Open the skin from the back of the neck to the shoulders in order to remove the neck, then fold the skin over the back, turn the wings also on the back, and pass the twine through them to hold them tightly. Tie them on the back. Put in a skillet two table-spoonfuls of butter. When hot, put in the chickens, cook them for fifteen minutes slowly, and not covered until nicely brown all over. Pour over them one pint of good, warm beef broth. Add half of a bay-leaf, two sprigs of parsley, one clove, one small white onion. Season with one salt-spoonful of salt and half a salt-spoonful of pepper. Cover the saucepan, cook slowly for fifteen minutes. The lettuces cooked as follows, must be already prepared. Pare off the tough part of three large lettuces, clean them well, cut them in halves. Tie each half with a string, put them in plenty of boiling water, boil thirty minutes, remove them, drain them, and plunge in cold water, drain again, and squeeze them gently to take the water out. Then when you add the beef broth to the chickens add also the lettuces, let them cook thirty minutes, basting from time to time. Remove the chickens on to a warm platter and cut the strings off. Cut the strings also from the lettuces. Dress them around the chickens, place the platter in the oven,

and leave the door open while finishing the sauce. Mix one large table-spoonful of good butter with half a table-spoonful of flour, add it to the gravy, stirring all the time. Heat it, but do not boil. Pour it over the chickens through a fine strainer. Serve very hot.

**Chicken, Parisian.** — Singe and draw a tender chicken of 2 to 2½ lbs split from the back, and wipe off inside and outside with a clean, wet towel. Cut it in every joint, cut the breast in two, lengthwise, and then make six pieces out of it, cut the body in the same number of pieces. Put in a skillet or in a casserole one table-spoonful of butter, place over a brisk fire, when melted and hot put in all the pieces of the chicken, taking care to put the dark meat in first. Toss them so that all the pieces shall become of a golden color. Five minutes after add half a table-spoonful of shallots or white onions, chopped fine, stir well, season with one teaspoonful of salt and one salt-spoonful of pepper. After two minutes add ¼ lb of nice fresh mushrooms previously peeled, washed, cut in slices, and dried in a towel. Add two table-spoonfuls of Madeira wine and half a table-spoonful of parsley, chopped fine. Mix everything well. Cook three minutes more. Remove from the fire and add immediately this liaison previously prepared. Put in a bowl yolks of three raw eggs mix them well with three table-spoonfuls of good cream. Pour over the chicken and stir gently. Serve very hot. When cooking it in a chafing-dish it takes five minutes longer.

**Chicken Patties** — Take the breast of a boiled chicken, cut into small pieces. Put a teaspoonful of chicken broth in a small saucepan with a teaspoonful of boiled beef tongue, minced fine, set over the fire to simmer. Melt a table-spoonful of butter add a table-spoonful of flour and mix smooth, strain the broth over it and pour in half a teaspoonful of cream

set over the fire to cook until thick, add the chicken, let heat, beat the yolks of two eggs and stir in, take from the fire, fill the patty cases with the mixture, put on the tops, and serve.

**Chicken Pie** — Take a fat young chicken, cut in pieces, put in a saucepan, cover with boiling water, and let simmer one hour. Line a tin pan with plain paste, put a layer of sliced potatoes in the bottom then a layer of chicken and a sprinkle of chopped, lean ham, cover with small, thin squares of paste, then more potatoes chicken and ham, to the last layer add bits of butter, a table-spoonful of chopped parsley, salt and pepper. Roll out a thin top crust, make a hole in the centre, put over, press the edges together, and trim. Bake for half an hour serve with sauce made of the chicken broth.

**Chicken Pie (old Virginia)** — Line a deep pan with plain biscuit dough. Have two spring chickens cut in pieces, put in the pan with thin slices of fat bacon, a pint of cream, a teaspoonful of stale bread-crumbs, a pint of boiling water, the yolks of three hard-boiled eggs salt and pepper. Cover with a top crust, and bake slowly for two hours.

butter, moisten slightly with hot water, and the finely chopped heart, etc. Arrange the large pieces of meat around the sides and bottom of a baking-dish, alternating the dark and light, that it may appear marbled, then put in a layer of the dressing, then of the small pieces of meat, until the dish is full. Remove the fat from the water in which the chickens were boiled, and after allowing it to cool to see if it has the consistency of jelly heat to boiling-point, and pour over the chicken, etc., while hot. Have a plate which fits in the dish put on and subject it to a heavy weight for a few hours, and when cold it will be ready to turn out.

**Chicken Pudding** (an old Virginia dish) — Cut up a young chicken, stew until tender. Take up lay on a dish season with pepper and salt. Make a thick batter. Butter a pudding-dish, arrange pieces of chicken in the bottom cover with batter lay over more chicken, pour over batter, and continue until the dish is full. Set in the oven and bake brown. Serve with butter sauce.

**Chicken, Ragout of.** — This recipe may be followed with almost any kind of poultry or game. Partially roast the bird in the usual way. When it is half dressed take it down and if liked divide it into joints or it may be stewed whole. Put it into a stewpan with any bones or trimmings that may be at hand a large onion stuck with two cloves the thin rind of a quarter of a lemon rolled half a teaspoonful of allspice half a teaspoonful of whole pepper as much rock — or failing this water — as will cover the ingredients and a little salt if required. Simmer all very gently till the bird is done enough then pour off the liquor and keep the bird hot. Strain the gravy and skim the fat from it. Dissolve 2 ozs. of butter in a stewpan and mix smoothly with it as much flour as will make it into a paste and gradually add the hot liquor and cook for half

of lemon-juice, and a glass of port or claret. Let it boil a minute or two. Put the meat on a dish, pour the hot gravy over it, garnish with toasted sippets, and serve very hot. If liked chilli vinegar can be substituted for the lemon-juice. The remains of cold poultry may be served in the same way, but the meat will not be so succulent as it would be if it were only partially roasted before it was stewed. Time, varying with the size and age of the bird.

**Chicken, Rissoles of.** — Cut very young spring chicken in small pieces. Roll out squares of puff paste very thin wrap the pieces of chicken in them and fry brown. Put in a deep dish, cover with vinegar and salad oil add salt and pepper, and let stand one hour. Prepare egg batter dip each piece of chicken in it drop in boiling lard and brown. Take up on a flat dish, garnish with parsley, and serve hot.

**Chicken Salad in Green Peppers.** — Prepare a chicken salad of equal parts of celery and the white meat of roast or boiled chicken. Both should be shredded fine. Just before they are to go to table season them with pepper and salt and mix with them enough mayonnise dressing to coat each fragment thoroughly. Have ready good sized green peppers from which the blossom end has been sliced off. Take out the contents of the peppers stand them upright on the stem ends and fill them with the chicken salad capping each with a teaspoonful of thick yellow mayonnise. Place them on a napkin laid on a platter or if you serve them on individual plates have a little white doily under each pepper. See also Salads.

**Chicken Soufflé.** See Soufflé.

**Chicken Soup.** See Soup.

**Chicken Stew.** — Take two young chickens cut up put in a saucepan



and emplied, the feet scalded, skinned, and twisted round on the back of the bird, head, neck, and pinions cut off the latter at the first joint, and all skewered firmly to give the breast a nice, plump appearance. Stuffing as preferred (See Force-meats and Stuffings) Sift a little flour over it. Serve with a good brown gravy in the dish, and apple sauce in a tureen. Time ducks three-quarters of an hour to an hour, ducklings, twenty-five to thirty-five minutes.

**Duckling**—Cut off the head and feet of a fat young duck. Singe and draw. Reserve the liver. Split the skin at the back of the neck, which cut very short. Dip a clean towel in cold water and wipe the prepared duck inside and out. Dust inside with one salt-spoonful of salt and one of pepper. Fold the skin back from the slit that has been made in the neck wash, and put the liver inside. Truss the legs with a trussing-needle close to the body, fold the wings on the back and dust all over one salt-spoonful of salt and half as much pepper. Butter a baking-pan well. Place the duck in it, with two table-spoonfuls of broth, and cover with a well-buttered piece of white paper. Cook in hot oven for thirty minutes. Remove it put on platter and place where it will keep warm. Add to the gravy in the roasting-pan the juice of two oranges and the peel of one cut into strips. Also the juice of half a lemon one gill of Madeira and a liqueur glass of curaçoa. Cook in the oven for ten minutes. Now add as a finish one table-spoonful of butter blended well with one teaspoonful of flour. Mix with the gravy by stirring. Do not cook. Serve in a sauce-boat very hot. If curaçoa is not at hand it may be omitted.

**Goose Livers à la Toulouse.**—Put in a chafin-dish half a teaspoonful of flour one teaspoonful of butter and mix well for two minutes. Pour over slowly while turning one gill of

Madeira wine, six table-spoonfuls of *glacé de viande*, or one good teaspoonful of beef extract melted in one gill of hot water, add one shallot. Boil slowly, cover over for eight minutes. Add half a teaspoonful of salt and one small pinch of pepper. Put in the liver last, taking care that the flame is not too high the liver should only be warmed through. After five minutes add half a can of truffles, peeled and sliced, cooking three minutes and basting. Serve hot.

**Goose, Pâté de Foie Gras.**—These pasties, so highly esteemed by epicures are made at Strasburg, and thence exported to various parts. They are prepared from the livers of geese which have been tied down for three or four weeks to prevent them moving and forcibly compelled to swallow, at intervals, a certain amount of fattening food. When they have become so fat that they would die in a short time, they are killed, and their livers, which have become very rich, fat, and pale during the process, are used in making these pâtés.

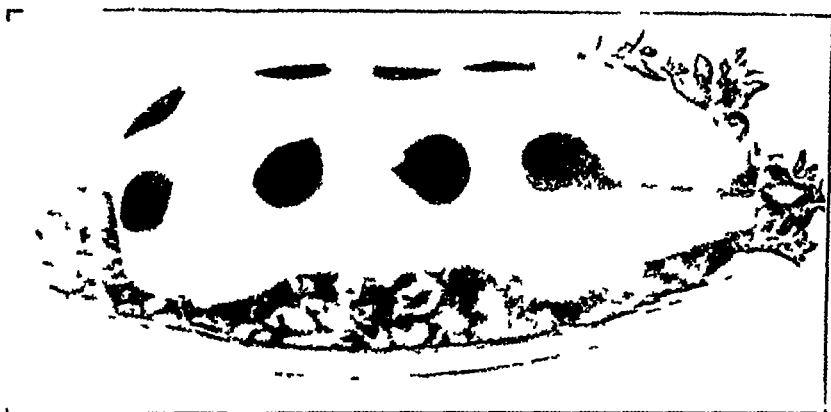
**Goose Paté (imitation)**—Take the livers of four fowls, and four gizzards, three table-spoonfuls of melted butter, a chopped onion, one table-spoonful of Worcestershire sauce salt and pepper to taste. Boil the livers until done. Drain and wipe them dry. When cold rub them to a paste. Simmer together butter and chopped onion for ten minutes, strain and mix with the seasoning mix well. Butter a small jar and press the mixture as lightly as possible into it placing in the mixture small pieces of the gizzards to imitate truffles. Cover with melted butter.

**Goose, Roast.**—A roast goose is generally filled with sage-and-onion stuffing. If a strong flavor of onion is liked the onions should be chopped fine. If not they should be boiled in one, two, or three waters and mixed



TURKEYS WITH YOUNG GREEN BEANS

[See p. 231]



ROASTED TURKEY STUFFED WITH TRUFFLES

[See p. 233]



STUFFED SHOULDER OF LAMB

[See p. 232]





with a truller or larger proportion of bread-crumbs. It should be remembered when bread-crumbs are used, there should be allowed for swelling. Press the crumb firmly into the opening, evenly, and bake it plentifully. A whole, both unwhole ones and unpartrilled if insufficiently cooked. Served good with and either apple or tomato sauce, to table with it. Garnish with lemon. Time from an hour and a half to two hours and a half.

Pigeons See Game

Squabs See Game

**Turkeys** — A hen turkey is the best and it should be young and plump. If young, the legs will be black and smooth. If fresh, the eyes will be bright and the feet supple. The length of the spur will show whether or not a cool turkey is young. A moderate sized turkey is more likely to be tender than a very large one.

**Turkey, Boneless Stuffed** — Prepare the turkey the day before. As the truffles will thus give more fragrance to the meat. Since a young turkey of about 10 lbs., cut the head off, leaving the whole neck, cut the feet in the joints. Cut the skin open from the back, beginning at the neck. With a sharp-pointed knife detach the flesh from the carcass all around, remove the bones from the second joints, leaving the bone of the drum, also the bone of the wings. Be careful not to split the skin when detaching the breast-bone. The whole carcass will come out easily, and also the intestines. Spread open the turkey over the table and remove the under fillet from the breast. Sprinkle the inside with half a teaspoonful of salt and one salt spoonful of pepper. For stuffing, chop very fine 2 lbs. of veal cutlets and 1 lb. of larding-pork. Soak in some good broth one quart of fresh bread-crumbs. Squeeze well and add to the meat. Put every-

thing in a large bowl to mix. Wash in cold water 1 lb. of truffles, peel them, chop the parings, put them with the truffles in a small saucepan with half a pint of cooking wine, four shallots or two white onions, sliced, cook and toss for five minutes, drain off, remove the shallots and add the chopped parings to the stuffing. Then cut ten slices from the largest truffles one-eighth of an inch thick, salt them well. Cut all the remaining ones of even size like hazel nuts, add them to the stuffing with one table-spoonful of chopped parsley. Season with one teaspoonful of salt, one salt spoonful of pepper, add two egg yolks and one white, and mix well again. Press a blunt knife under the skin and raise it enough to slip the sliced truffles under. Now put a third part of the stuffing inside of the turkey, pack it well with the back of a spoon, put the under fillets over and finish with the balance of the stuffing. Close the boneless turkey, and with white thread stitch the skin all along the back and at the neck. Fold the wings back and with a trussing needle and twine secure them to the body, do the same thing with the legs, so that the turkey shall retain its shape. Rub over it one teaspoonful of salt and one salt spoonful of pepper, place it in the roasting-pan with a gill of broth, then lay all over it thin slices of fat pork. Roast in warm oven for two hours, after the first hour baste three times. Cut the twine, remove the larding-pork and serve on a platter with a border of water-cress. Strain the gravy and serve in a sauce-boat. Truffles may be omitted, and oysters added instead.

**Turkey, Broiled** — Singe a young turkey of 3½ to 4 lbs. in weight. Cut the feet. The neck must be cut short, leaving the skin long enough to protect the breast. Split the turkey from the back and way down without separating, with a wet towel wipe it well all over, then flatten it gently so as to give a nice shape. If too

large to be broiled whole separate the two halves Butter it well all over on both sides with two table-spoonfuls of butter Season all over with one teaspoonful of salt and one salt-spoonful of pepper Place it over the broiler, the inside part to cook first, cook fifteen minutes, turn it over, put a little more butter on the top, then cook twelve minutes Serve with two paper ruffles at the tips of the wings and two on the legs While the turkey is broiling, chop one table-spoonful of parsley and one of the tender white part of celery Mix them well with two table-spoonfuls of fresh butter and half a teaspoonful of lemon-juice Divide in six small balls and serve at the same time Dress the turkey on a hot platter, with a few celery leaves around it.

**Turkey, Devilled**—Take a cooked leg of turkey slash it to the bone, salt and pepper it well using both black and cayenne, mix some made mustard with flour, and plaster it over the leg place it on a gridiron, and broil over a clear fire

**Turkey, Galantine of.**—Select a fat young turkey After dressing take off the neck wings and legs cut the fowl in two down the back begin at the edge and cut the meat from the bones, keeping the skin whole cut the fillets from the breast-bone without breaking the skin remove the bones from both sides of the turkey and spread the skin out on a clean meat-board Prepare a dressing of 1 lb of sausage one teacupful of bread-crumbs two well-beaten eggs the juice of a lemon a table-spoonful of minced parsley with pepper and salt Spread over the skin roll up draw together and sew wrap in a cloth and put in a soup-kettle with the bones and scraps of the turkey one onion a dozen cloves a bunch of sweet herbs, and half a dozen peppercorns Cover with cold water set over a moderate fire bring slowly to a boil skum and let simmer gently for four hours Take the kettle from the fire, and stand it aside until cold

Then take the galantine up on a large, flat dish Put a weight on it, and let stand overnight In the morning remove the cloth carefully brush the galantine over with beaten egg, dust with grated cracker and set in the oven to brown Take out, and stand in a cold place until ready to serve Garnish with aspic jelly, slice very thin, and serve with a portion of the jelly

**Turkey, Minced**—When a turkey has been so far used that neat slices cannot be cut from it to make a hash, the remains may be minced Season with salt, pepper, and grated nutmeg, and put it into a stewpan with sufficient white sauce to moisten it. Let it simmer gently without boiling till it is quite hot, stirring all the time.

**Turkey, Roast**—Select a fat young turkey Stuff with a dressing made of a pint of stale bread-crumbs, two table-spoonfuls of butter, a teaspoonful of salt, half a teaspoonful of black pepper and a table-spoonful of minced sweet herbs, moistened with a little hot water Place on a rack in a dripping-pan, spread with bits of butter baste frequently while cooking with melted butter Roast until a rich brown Serve with giblet gravy and cranberry sauce

Another way—Wash the fowl well inside and out, take a small, stale loaf of bread, crumble it very fine rub in it  $\frac{3}{4}$  lb of sweet butter season well with pepper salt, and celery seed put no water except to moisten the crumbs add a few nice oysters Stuff the turkey until well filled rub the whole over with sweet lard It is then ready for the oven Put a little water in the pan to prevent burning and baste frequently with the gravy while cooking A large turkey will require two and a half hours cooking

Another way—Singe and draw a young turkey of about 7 lbs and wipe inside and out with a wet towel Leave the skin of the neck very long, but cut the neck short, the skin being

necessary for holding the stuffing  
Sprinkle inside the turkey with one  
salt-spoonful of salt and half a salt-  
spoonful of pepper, fill up the neck  
first very full with the stuffing pre-  
ferred stitch the skin over its back  
with white thread, put the balance of  
the stuffing inside, stitch it also, and  
truss it very tightly, passing a truss-  
ing-needle with twine through the  
wings and body, and in the same way  
through the legs Sprinkle over it  
half a teaspoonful of salt, one salt-  
spoonful of pepper, butter thickly a  
roasting-pan, put the turkey in with  
four table-spoonfuls of broth, and cov-  
er it with a piece of white paper well  
buttered Roast for one hour and  
thirty minutes in moderate oven,  
baste after the first half-hour every  
twenty minutes, fifteen minutes be-  
fore it is done remove the paper, and  
add one pound of Chipolata sausages  
in the roasting-pan, pricking them  
with a fork Serve the turkey on  
a warm platter with the sausages  
around, strain the gravy, remove the  
fat, and serve at the same time in a  
sauce-boat Ordinary sausages may  
be prepared in the same way as the  
Chipolata, simply dividing them in  
three parts with a strong white thread,  
and then cutting them

Turkey, Sauces for — Brown  
gravy and bread sauce are the usu-  
al accompaniments to roast turkey  
Oyster sauce, celery sauce, tomato  
sauce, mushroom, chestnut, and truf-  
fle sauce, are all suitable accompani-  
ments With boiled turkey, celery  
sauce, oyster sauce, bread sauce or  
white sauce should be served The  
nature of the sauce should, of course,  
be regulated by that of the stuffing

Turkey Stuffing — Force-meat stuff-  
ings of veal, ham, bacon, onions,  
potatoes mushrooms, etc., can be

used, but the ordinary, old-fashioned  
stuffing for a turkey is generally liked  
Take the soft part of good, light  
bread (not the crust), and do not  
wet it, as is usually done, but rub it  
dry and fine, and work into it a piece  
of butter the size of an egg Season  
with salt, pepper, and summer-savory  
Add to this a dozen or more oysters,  
whole, and it will be very fine Some  
cooks add to the stuffing large chest-  
nuts boiled in a saucepan to burst  
the skins, they are then boiled in very  
salt water or stock, then mixed with the  
stuffing whole See also Force-meats

Turkey, Chestnut Stuffing for —  
Take as many sound chestnuts as  
will completely fill the body of the  
bird Make a small gash with a sharp  
knife in the outer skin to keep them  
from bursting, throw them into  
plenty of fast-boiling water, and let  
them boil until soft Drain and dry  
them, and peel off the outer and the  
inner skin, look them over carefully,  
and reject any decayed or mouldy  
nuts Fill the turkey's crop with  
good veal force-meat, afterwards  
fill the body of the bird with the  
boiled chestnuts and the liver, and  
sew it up securely Put it down  
to roast, and baste liberally Serve  
with brown gravy, and either bread  
sauce or onion sauce The brown  
sauce may be made with the turkey  
giblets as follows Mince the heart  
and gizzard, and let them simmer  
gently for an hour or more Skim  
the liquor, strain it, thicken with a  
little brown thickening, and season  
with pepper and salt Add a glassful  
of claret—which may be omitted if  
not desired—and a table-spoonful of  
mushroom catsup let it boil a minute  
or two, and it will be ready for serving  
Time to roast the turkey an hour  
and a half to two hours and a half,  
according to size

Poultry, Gravy for See Gravies  
Pound Cake See Cakes  
Prairie Chicken See Grouse, under Game  
Prawns in Shells See Fish

## PRESERVES, JAMS, MARMALADES, FRUIT JELLIES, ETC.

First of all the range fire should be permitted to go out and a gas-stove, or one for gasoline, or even kerosene, substituted. The expense of one of these is small, and it will be saved in the cost of coal and wood in a few days' time, while the saving of exhaustion from heat is incalculable. Then, if you have old-fashioned cans with metal tops, you will do well to lay in a supply of the newer ones, which have the glass covers and the tighter and simpler fastenings, the old ones need not be thrown away, but kept for the richest of the preserved fruit which is not hurt by a possible admission of air. Next see to your rubbers. Economy here is impossible for, once used, every rubber loses its elasticity and becomes untrustworthy, have a new band for every can. The preserving-kettle should be of iron porcelain lined, the agate ones sometimes used are better than tin certainly but they, too, may burn while the iron will not. Have several wooden spoons, a wooden pestle—a potato-masher will do—a cup with an easy handle, pans for holding sugar, and a simple and accurate scale for weighing and your utensils are ready. Home made preserves are both a convenience and a luxury. They require time and labor at the warmest season of the year, but when well made they are superior to those bought at the stores, and much more economical.

Fruit should be almost, but not absolutely ripe, fresh sound and dry. Use the best sugar. If the syrup is to be clear, clarify it by putting two quarts of sugar with one quart of water into which stir the whites of two eggs which have been beaten light but not to a froth. Heat slowly stirring frequently until it boils then let it simmer half an hour when the white scum can be removed.

The juice of the fruit may be used instead of water. Many cooks add a little lemon-juice to pear, plum, and crab-apple preserves. A syrup made from the juice of acid fruits (currants, green grapes, etc.) is frequently used to preserve sweet fruits—strawberries, apples, pears, etc. If a quantity of syrup is left over it may be used to make the jelly. The question of covering jellies or jams is one to be considered. The old way was to use a layer of thin paper dipped in brandy, and then a cover of thicker paper, pasted down. The newer method is to pour melted paraffin over the jellies without any paper whatever. But while paraffin prevents the admission of air if it is perfect, it will slip up the side of the glass if that is tipped and it is quite sure to be in putting it on the closet shelf, then, too mice are especially fond of paraffin and one nibble destroys the entire cover. The best plan is to combine the two ways. Cover the jelly or jam with paraffin first, and then paste paper over the top and you may feel secure that it will not shrink or lose its freshness from first to last.

**Apple Butter** — Apples pared, cored, cut and boiled in sweet cider till the whole is a dark rich pulp and the cider is reduced one-half. To prevent burning stir continually. No sugar is needed, for the fruit furnishes its own sweetness. Half the apples may be sour and half sweet or all sweet as one likes. It takes nearly two gallons of cider to make one of apple butter, and spices are added or not, to taste, the rule being one table-spoonful of cinnamon and one-third of a tea-spoonful of ground cloves to each gallon of apple butter, added when it is taken up boiling hot. It may be kept in barrels, stone pots, or butter firkins.

**Apple Jam.** — Weigh equal quantities of brown sugar and good sour apples, pare, core, and chop them fine, make a syrup of the sugar, and clarify it very thoroughly, then add the apples, the grated rind of two lemons, and a little white ginger, boil until it looks clear and yellow.

**Apple Jelly** — Pare, core, and slice 3 lbs of apples. Put them into a stewpan with a teacupful of water. When reduced to a pulp, put them into a jelly-bag and let them drain all night, they must not be squeezed. Next morning put the juice into a saucepan, being careful not to put any sediment with it, adding 1 lb of sugar to a pint of juice and a few drops of the essence of vanilla. Boil it until it will stiffen when cold, cover the jars as soon as possible. The pulp may be made into jam. Time to boil with the sugar, about twenty minutes.

**Apple Marmalade** is more difficult to make than that of other large fruits. The best cooking-apples should be selected for the purpose, and those of a tart flavor will be found best. The cores and seeds should be removed, but the fruit must not be pared. After preparing weigh the apples, put in a preserving-kettle, cover with water and cook very slowly until soft, strain, return the pulp to the kettle with  $\frac{3}{4}$  lb of sugar for every pound of apples, set over the fire, and let cook very slowly until thick and clear, flavor with lemon or orange juice. Put in small jars. Two or three quinces cut up and added to the apples will cause the marmalade to be finer, without imparting any flavor to it.

**Apples Preserved Whole** — Peel and core large firm apples (pippins are best). Throw them into water as you pare them. Boil the parings in water for fifteen minutes, allowing a pint to 1 lb of fruit. Then strain, and, adding  $\frac{3}{4}$  lb of sugar to each pint of water, as measured at

first, with enough lemon-peel, orange-peel, or mace to impart a pleasant flavor, return to the kettle. When the syrup has been well slammed and is clear, pour it boiling hot over the apples, which must be drained from the water in which they have hitherto stood. Let them remain in the syrup until both are perfectly cold. Then, covering closely, let them simmer over a slow fire until transparent. When all the minutiae of these directions are attended to the fruit will remain unbroken and present a beautiful and inviting appearance.

**Apple Raisiné** — Take six fine, large cooking-apples, peel them, put them over a slow fire, together with a wineglassful of Madeira wine and  $\frac{1}{2}$  lb of sugar. When well stewed, split and stone 2  $\frac{1}{2}$  lbs of raisins, and put them to stew with the apples and enough water to prevent their burning. When all appears well dissolved beat it through a strainer bowl and lastly through a sieve. Mould it if you like, or put away in small preserve jars, to cut in thin slices for the ornamentation of pastry, or to dish up for eating with cream.

**Apricot Paste.**

See Fruits

**Barberry Preserve** — Four quarts of barberries picked from the stem, washed and drained. Heat one large quart of molasses and one quart of white sugar together until the sugar is dissolved. Skim, and then add the berries. Cook until they begin to pop and shrivel, which will be in about ten minutes. Skim them out into a stone jar, then boil the syrup slowly until it will cover the berries.

**Blackberries or Raspberries Preserved Whole.** — Select fruit that is not too ripe, pick it, weigh, and put into glass jars filling each one two-thirds full. Put in a saucepan 1 lb of sugar and one cupful of water for every 2 lbs of fruit and let it come slowly to a boil. Pour this hot syrup into

the jars over the berries, filling them to the brim. Place the jars in a boiler containing cold water, and let the water come to a boil and when the fruit is scalding hot take out the jars and cover them air-tight.

**Cherries, Brandied** — Weigh the finest morellos, having cut off half the stalk, prick them with a new needle, and drop them into a jar or a wide-mouthed bottle, pound three-fourths of their weight of rock candy, strew over, fill up with white brandy, and tie a bladder over.

**Cherries, Preserved** — The lighter colored the more sugar they take. Stone them, and let them stand all night. In the morning take the juice, add sugar to taste, add water if there is not juice enough, and boil and skim till it is a rich syrup, if the cherries are sweet, a pint of juice and three quarters of a pint of sugar will be about right. Heat your cans and put in the uncooked cherries till they are nearly full, and then pour over them the syrup and put on the covers, set the cans in the wash-boiler and fill it with very hot water and let it all stand all night. The heat of the syrup and that of the water will cook the fruit but the flavor and color will be those of the fresh and uncooked cherries. This way may be used for all small fruits except strawberries.

Another way — For this select a sour cherry — the morellos if you can get them. To every pound of stoned cherries allow 1 lb of sugar. Lose none of the juice. Arrange fruit and sugar in alternate layers in an agate-iron or porcelain-lined preserving-kettle let it stand an hour or two to draw out the juice then put it over the fire and boil slowly and steadily until the juice thickens. Put up the preserves in small glass jars and keep in a dark closet.

**Citron-melon Preserve.** — Cut the melon in slices of about an inch in thickness. Remove the rind and soft part which contains the seeds, boil in

water in which a small piece of alum has been thrown until the fruit is soft enough to allow a straw to be run through. Remove, and place on a sieve to drain. Allow 3 lbs of best white sugar to 4 lbs of the fruit, and put into the preserving-kettle with the sugar. If it seems too dry, add a little water. Let it cook slowly, and when nearly done add a lemon in thin slices and free of seeds. If, when the fruit is done, the syrup is too thin, put the fruit into jars and allow the syrup to boil until of the proper thickness. Pour it hot over the citron, and seal all up.

**Crab-apples** — This fruit may be preserved with the peel on, and is just as good in the estimation of most people. Flavor a pint of water by boiling in it a small stick of cinnamon a bit of white ginger, and three or four cloves. Strain these off, and make into a syrup by boiling in it  $\frac{1}{2}$  lb of white sugar. Let it remain until cold. Take a pint of the little apples, wipe them well with a cloth, prick them with a needle near the stalks, and put them into the stewpan with the syrup, to get hot together. Remove it from the fire, pour it off into a basin, let it stand to get cold, repeating the process three times. When the fruit looks clear, take it out and put it into jars and pour the syrup over it. It will do no harm if a day elapses between each of the boilings. Most beautiful jelly is made with the juice of these apples, almost as good as currant jelly to eat with mutton or venison. Three-quarters of a pound of sugar is enough to allow to a pint of juice. About a week after they have been put away it is well to examine them and, should they show any signs of fermentation, the syrup must again be boiled down as before. The core is never removed from Siberian crab-apples, it has in itself a most delicate flavor, which improves the whole preserve.

**Cranberry Jelly** — Wash a quart of cranberries and put them over the fire

in a double boiler, adding no water to them. Cover closely and steam until the fruit is soft and thoroughly broken. Squeeze the berries through a bag and return the juice to the fire. Allow granulated sugar in the proportion of  $\frac{1}{2}$  lb of sugar to a cupful of juice. As soon as the juice comes to a boil add the sugar stir until dissolved and allow to boil up once. Remove the sweetened liquid from the fire pour into a mould wet with cold water and set in a cool place to form into a firm jelly.

**Currant Conserve** —Take 5 lbs of washed and stemmed currants, 5 lbs of sugar and five oranges peeled, seeded and cut into bits, add  $2\frac{1}{2}$  lbs of seedless raisins, mix the whole together, and boil for thirty minutes. Seal while hot.

**Currant Jelly without Boiling** —Press the juice from the currants and make it quite hot, but it must not be allowed to boil. To each pint of juice add a full pound of loaf sugar pounded very fine—granulated sugar will do as well—and made quite hot in the oven, and then stirred gradually into the hot juice until it is melted. Put this jelly into small glasses cover first with a round paper dipped in spirit, then put on a close-fitting cover and expose the jelly daily to the sun for ten days. Jelly made thus is much brighter in color than when it is boiled. Be sure that the fruit from which the juice has been extracted is perfectly fresh, and that there is no suspicion of fermentation about the juice.

**Currant Jelly that Never Fails** —Select currants that are not fully ripe, the ends of the bunches should be rather green. Pick them over and wash them, if necessary, but do not take them off the stems. Put them in the kettle without weighing, and stand it on the back of the stove where the fruit will heat but not cook, and crush with the pestle till all the juice is out. Then strain it through two bags, one of loose flannel, and measure it with a

pint cup. Take as many pints of sugar but leave out one half-pint, put the sugar in a hot oven, stirring often. Boil the juice till it clears, which will be in five to ten minutes, and skim it. When it becomes transparent, turn in the hot sugar and let the whole boil up hard once—only once—and it is done. Take it off and dip it into the heated glasses and it will jelly on the cup as you do so. Let it stand in the sunshine for a day or two, until it is as firm as you wish. The secret of making this jelly is in boiling it just the single moment.

Another way —The currants should be picked from the bushes during dry weather—an item which holds good for any other kind of fruit as well. They should be thoroughly ripe, but not over-ripe. Place the currants over the fire in an agate or porcelain-lined kettle, having first crushed them very slightly to draw out enough juice to keep them from burning. As soon as they are cooked soft strain through a fine crash bag until all the juice is extracted then strain it slowly through a flannel jelly-bag to remove all impurities and pulp. Measure the juice and put it in a clean kettle. For every pound of juice allow 1 lb of granulated sugar. Put the sugar in a stone crock large enough to hold the juice. Let the juice boil hard for five minutes then pour it over the sugar in the jar stirring all the time, and until the sugar is dissolved. Dip it immediately into the tumblers. It will often be solid jelly before it is cold.

**Currants, Spiced** —Five pounds of stemmed currants 4 lbs of sugar one pint of vinegar two table-spoonfuls of cloves, two table-spoonfuls of cinnamon. Put on the fire together, and cook half an hour after they come to a boil. Put up in jars or jelly-glasses.

**Currant Syrup** —Pick very ripe currants from the stems, put in a stone jar and mash cover with a thin cloth and set in the cellar for two days.

Turn into a jelly-bag and let drip slowly without squeezing Measure the juice, and to every pint allow 2 lbs of sugar Mix the sugar and juice together, put in a kettle, set in boiling water, and stir until the syrup is sufficiently thick Take from the fire, let cool, and bottle

**Figs, To Preserve Green.**—Weigh the fruit, and allow an equal quantity of sugar, the thinly pared rind of a lemon, and a little ginger Lay the figs in cold water for twenty-four hours then simmer them till tender put them again into cold water, and let them remain for two days, changing the water each day If not quite soft simmer again and replace in cold water until the next day Make a syrup of two-thirds of the sugar allowed and water in the proportion of a pint to 2 lbs and in this syrup let the figs simmer ten minutes In two days pour the svrup from the figs on to the rest of the sugar weighed After adding the lemon and ginger boil the syrup for five minutes when the fruit can be added and cooked until done and transparent Cut figs in half if preferred Put away in small glass jars

**Fruit Mélange, A.**—The juicy fruits of summer are preserved for winter use in many ways Simplest of all inasmuch as no cooking is required is the fruit mélange As the name indicates it is merely a commingling of all fruits, preserved in the same receptacle at odd times and in the order of their ripening The fruits selected must be sound berries are hulled cherries plums and peaches stoned and the peaches peeled and quartered A pound of granulated sugar is allowed for each pound of prepared fruit Begin by putting 2 lbs of strawberries in the bottom of a broad stone jar add 1 lb of gooseberries (unless the seeds are objectionable) and 2 lbs of cherries of the same or of different colors and sprinkle each layer of fruit with its own weight of sugar Dissolve 1 oz

of salicylic acid in a pint of pure alcohol, and pour it over the fruit It will rise above it and act as a preservative Cover the jar with stiff paper, and set in a cool, dry spot At convenient intervals blackberries (these used sparingly, on account of their strong flavor), raspberries, currants (both white and red) plums, peaches, chopped pineapple, and slices of banana and orange are added always with an equal weight of sugar, but without increasing the amount of alcohol In the autumn the contents of the jar are well stirred and then filled into glass jars to be used as a preserve as occasion requires or as a delicious filling for tarts and pies The surplus juice may be bottled and used as a foundation for pudding sauce.

**Gooseberries** may be preserved in water Pick over the fruit, reject the poor ones and remove head and tail Put the fruit into jars filling them nearly to the top Pour in clear, cold water, allowing it to overflow the jar Screw the covers down, and keep the jars in a dark cool place

**Gooseberry Jam.**—Six pounds of ripe gooseberries 4 lbs of sugar Stem and top the gooseberries and boil one hour in a preserving-kettle, watching closely that the fruit does not scorch Stir often If the juice increases very rapidly dip out some of it. When the fruit has boiled an hour add the sugar and cook an hour longer Put the jam boiling hot into glass tumblers or small jars, and seal

**Grape Jelly, Ripe.**—Proceed with this as with green-grape jelly but use only 1 lb of sugar to a pint of juice Wild or tart grapes are best for this purpose, and jelly made from catawba grapes is especially pleasing both to eye and palate

**Grape Marmalade.**—Cook the grapes as for jelly or catsup and when very tender rub through a sieve rejecting the seeds Measure the pulp and to every pint allow ½ lb of sugar.





**Jelly from Large Fruits** — Apple, crab-apple, peach, pear, plum, and quince jelly may be made by the following directions. Slice or quarter the fruit without peeling (peaches should be peeled). Put it over the fire in a preserving-kettle, with enough water to nearly cover the fruit. Let it simmer until this is tender and broken so that the juice flows freely. Take from the fire, crush in a vegetable-press and let the juice drip through a flannel bag. Cloudy jelly will be the result of squeezing. When the juice has been measured proceed as with jelly from small fruits. In making peach jelly cook a handful of the kernels of the peach-stones with the stewing fruit and add a table-spoonful of lemon-juice to every pint of the strained juice before putting in the sugar.

For jellies made with gelatine, see Jellies

**Jellies of Small Fruits** — Select fruit that is juicy but not over-ripe. Grapes and cherries are harder to jelly than the other fruits. It will require little picking over. Currants need not be stemmed. Put them over a slow fire in a stone crock set in an outer vessel of water or in a preserving-kettle in which you have laid a thick plate that will keep the fruit from the bottom of the pot. The stone jar is preferable if the fruit is to cook all night. Stir occasionally with the wooden paddle, breaking the berries against the side of the vessel. When the juice has flowed freely the fruit may be squeezed in a fruit or vegetable press and the fruit thus expressed strained through a flannel jelly-bag. The first runnings from this will be clearer than that squeezed through at the last.

When all is strained measure the juice. To each pint of this should be allowed 1 lb of granulated sugar. Return the clear juice to the fire in the preserving-kettle, bring quickly to a boil and let it cook twenty minutes after reaching this point. Skim it put in the sugar, bring the juice to the

bubble once more, stirring all the time, and boil hard one minute.

Have ready the jelly-glasses, arranged on a wet cloth and fill quickly, placing a spoon in each as you fill it, to prevent cracking. As the jelly shrinks in cooling, each glass should be very full.

**Lemon Marmalade** — Boil them in as much water as will cover them for two hours. Pour off the water once or twice during that time, and replace it with fresh boiling water. Drain the lemons, and cut them into thin slices. Leave out all the pips and weigh the fruit and allow 2 lbs of loaf sugar and a pint of the water the lemons were last boiled in for every pound of fruit. Boil the sugar and water for ten minutes. Put in the pulp, etc., and boil together for half an hour. Pour the marmalade into jars.

**Lemon Syrup** — Wipe large, perfect lemons with a damp cloth, roll until soft cut in halves, and squeeze out the juice grate the rinds of several, add, and let stand in a stone jar overnight. Strain and measure the juice, to every pint allow 3 lbs of sugar. Beat the white of an egg mix with a pint of cold water pour over the sugar, turn into a porcelain kettle, stir until dissolved set over the fire let come to a boil and skim add the lemon-juice, let boil five minutes. Take from the fire cool and bottle. In the spring when lemons are plentiful they can be bought very cheap, and syrup made from them to last for a year.

**Limes, Preserved** — Lay them in salt and water strong enough to bear an egg closely covering them until the warm weather is over. Cut them enough to get out all the seeds and place in cold water for one day changing the water often so as to remove all the salt. Boil in water (in which soda has been added in the proportion of one teaspoonful to six quarts of water) till tender enough to put a straw through, then soak again in cold water one day, changing the water often. To each



poached in, with a very little water, and stew a few minutes

**Peach Jam**—This recipe has been in use in a New England family for two generations, and never fails to be a success. Pare, stone and cut into thin slices half a peck of free-stone peaches, and to 1 lb of fruit add  $\frac{1}{4}$  lb of sugar. Put them into a preserving-kettle and let them cook until clear, which will probably require an hour. Then crack one third of the peach-stones, remove the kernels, blanch them in boiling water, cut them into thin slices, and add to the peaches. This should be done as soon as the fruit is set on the fire, so that the kernels can cook with it. When done, put into glass jars. For use in small families the pint size is better than the quart.

**Peach Jelly**—Take sound peaches, wash them thoroughly. Use the parings and a few pieces of the fruit. Boil in enough water to cover them. Strain through a jelly-bag. Allow the juice of one lemon and 1 lb of sugar to each pint of juice. Boil the juice twenty minutes after straining before putting in the sugar which has in the mean time been heating in the oven. Then boil again for five minutes and pour into tumblers.

**Peach Leather**—Boil tart peaches with a little water until quite tender, take out the stones and pass the pulp through a wire sieve. Boil gently stirring constantly one hour then stir into the boiled pulp sugar equal to one-half the weight of the unboiled pulp and boil one minute. Have ready shallow earthen plates, pour the paste into these not over a quarter of an inch thick and dry slowly in the oven.

**Peach Marmalade**—To 1 lb of the peeled and stoned peaches allow  $\frac{3}{4}$  lb of sugar. Put the fruit on by itself and let it heat slowly stirring frequently that it may not burn. When it has boiled three-quarters of an hour, add the sugar and boil

five minutes skimming constantly. To every 2 lbs of fruit add then the kernels of half a dozen peach stones, chopped fine and the juice of a lemon. Cool ten minutes longer, and put in small jars or jelly-glasses.

**Peach Syrup**—Take ripe soft peaches pare and remove the stones, lay on a large dish and sprinkle with sugar, let stand overnight. In the morning drain off the juice, put into a kettle, beat the juice from a dozen peach kernels and add, let heat if the syrup is not thick and rich, add more sugar and stir until it dissolves. Take from the fire let cool, and bottle. Peach syrup is in excellent flavoring for frozen pudding and makes a delicious water iced.

**Peaches, Canned**—Half a pound of sugar to 1 lb of peaches. Put the sugar on the fire with a little water let it boil until the syrup is clear. Pack the jars tightly with the peaches fill them up with the syrup. Then put the jars in a large boiler of water, standing them on slabs of wood and not letting the jars touch each other. The water should come up to within three inches of the top. Cover the boiler and boil the fruit until tender. Let the water get cold then take out the jars, fill up with boiling water and seal.

**Peaches, Preserved**—Choose large, white peaches and peel but do not cut them. Make a syrup and cook them till nearly done trying with a straw. Put them in cans and pour the hot syrup over them. Or, if you prefer the yellow perch peel and cut in halves and add a few peach kernels to each can for the flavor.

Another way—Remove the skins from the peaches by putting them a few at a time in a wire basket and dipping them into a kettle of boiling water you can then peel them like boiled potatoes. Weigh them, and allow 1 lb of sugar to 1 lb of fruit. Make a syrup of the sugar in the proportion of a pint of cold water to 3 lbs of sugar. Skim it, and let it clarify

## Pears, Canned

# PRESERVES, ETC Pineapple, Preserved

Put the peaches, a few at a time into the syrup, and cook them until soft. Thus you can tell by trying them with a straw, when you can feel the stone, they are done. Put them in jars, and pour the hot syrup over them. Clingstones should always be used for preserving.

**Pears, Canned** — To obtain the bartletts in perfection, they should be placed between flannel to ripen, and when not quite mellow enough for eating they are ready for canning. To every quart jar allow seven medium sized pears, a scant pint of water and  $\frac{1}{4}$  lb of sugar. Cut the fruit in two, core, pare, and throw the pieces into cold water to prevent discoloration. Put the sugar and water in a porcelain kettle over the fire. When scum arises remove it, and as soon as the syrup boils hard add the fruit boil all three minutes or more. If the jars are of glass, wet a cloth in cold water, fold several times and put under to prevent breakage. Lay in a few pieces of fruit then some juice, until the jar is full run a spoon-handle down the side to allow all the air bubbles to escape and seal tightly while all is hot. Keep in a cool, dark place. Seckel pears are canned in the same way only their flavor is best when picked fresh from the tree and not ripened in the house. If the bartletts are hard, and cannot be ripened in flannel, boil them a few minutes.

**Pear Marmalade** is best made of the large yellow pears which should be very ripe. Peel and core 10 lbs of pears put in a porcelain kettle with a pint of water, let cook very slowly until reduced to a pulp add  $\frac{1}{4}$  lb of sugar to 1 lb of fruit, and stir over the fire until thick and smooth. Take up in a bowl, let cool, put in small glasses or jars, seal, and set in a cool, dry place.

**Pear Preserves, Rich** — Peel the pears, cut them in halves, and remove the core. Weigh them, and al-

low 1 lb of sugar to 1 lb of fruit. Make a syrup of the sugar by adding a pint of water to every 3 lbs of sugar, drop in some ginger root and slices of lemon, put in the pears, and boil until quite soft. If they are very hard, they should be boiled in water first, and sufficient of this water used to make the syrup. After the pears are removed from the syrup, boil ten or fifteen minutes longer.

**Pear Preserves, Less Rich.** — Peel ripe pears, cut in halves, and core them. To 1 lb of fruit allow 6 ozs of sugar. Make a syrup of the sugar, add the pears, and cook until soft. These preserves should be kept in sealed cans.

**Pineapple, Canned** — Pare ripe, juicy pineapples and cut them into slices an inch thick. Allow  $\frac{1}{4}$  lb of sugar to 1 lb of fruit. Put them into the preserving-kettle together, and if there is not enough juice add very little water. As soon as they are well scalded through put into hot jars and seal at once.

**Pineapple, Preserved** — Cut into slices, take out the core of each one, and weigh, allowing pound for pound of sugar and fruit. Put in alternate layers in the kettle, add a teacupful of water to each pound of sugar. Heat to a boil, take out the pineapple and spread upon dishes in the sun. Boil and skim the syrup half an hour. Return the pineapple to the kettle and boil fifteen minutes. Pack in jars pour on the scalding syrup, and when cold put branded tissue-paper upon the top and seal the jars.

Another way — Take pineapples quite ripe. Peel them carefully cut them in slices then weigh the fruit, and allow  $\frac{3}{4}$  lb of best white sugar to 1 lb of fruit. Put the fruit and sugar into a bowl in layers. Set it aside until the next day, then set the kettle over a steady fire until the fruit is scalding hot, but not long enough to soften them. Take out the fruit with a perforated ladle, and

carefully lay it in a colander to drain. Boil the syrup until it thickens. Lay the fruit in preserve-glasses, and cover each glass with a paper dipped in spirits before the top is fastened down.

**Pineapple Syrup** — Put 3 lbs of loaf sugar in a porcelain kettle. Beat the whites of two eggs, to which add gradually one pint of clear water, pour over the sugar, and set on the stove to boil until clear. Take off the fire to cool. Pare and grate sufficient pineapples to make a quart of juice and strain into the syrup, let boil ten minutes and stand aside to cool. When cold, bottle and seal. Pineapple syrup makes delicious water-ice and flavors sherbet better than fresh pineapple.

**Plum Jam.** — Stone the plums weigh them and stew for twenty minutes. Add then  $\frac{1}{2}$  lb of sugar for 1 lb of fruit and cook together slowly an hour longer or until the jam is of the desired consistency. Put up hot in small jars.

**Plum Jelly** — Put plums in colander and pour boiling water over them. Then place plums in preserving-kettle with just enough water to cover and boil until the plums are soft and the juice extracted. Pour off the liquid strain it and put the juice on to boil. Allow 1 lb of sugar to a pint of juice, and put the sugar in shallow pans in the oven to heat until the juice has boiled twenty minutes. Add sugar stir until dissolved take it once from the fire and pour into bowls or glasses rolled in hot water to prevent breaking and you will have most delicious jelly.

plums will get heated through and juice commence to run before boiling. As soon as they boil up once, take from the stove and bottle immediately, keeping as whole as possible.

**Plums, Preserved.** — Allow 1 lb of sugar and a teacupful of water to 1 lb of fruit, halved and stoned. Boil the syrup ten minutes before putting the plums in skim, and then boil all together till tender. Take from fire and let stand overnight. The next day boil up again, adding a few of the blanched kernels taken from the stones. Pick the fruit in cans, pour over the syrup, and seal.

Another way — Pour boiling water over the egg or other large plum, then remove the skin. Make a syrup of 1 lb of sugar and a teacupful of water to 1 lb of fruit, and when boiling hot pour over the plums. Let it remain overnight then drain, boil again skim, and pour over plums. Let them remain in this another day. Then put over the fire in the syrup and boil until clear remove with skimmer, pack carefully in cans, boil the syrup until thick pour over plums, and seal.

**Quinces, Canned** — Cut them in thin slices. Make a syrup of one cupful and a half of sugar to one cupful of water when it is at the boiling point or begins to bubble drop the sliced quinces in they will cook in a very short time and will be tender and clear. Put up in small cans.

**Quinces, Preserved.** — Peel and quarter the fruit and remove the cores. Stew gently in a rich syrup till they become transparent.

to the pan, then beat them to a pulp with a wooden spoon. Weigh the fruit, and for 1 lb allow  $\frac{1}{4}$  lb of sugar. Put the sugar into a preserving pan with as much water as will moisten it, and boil it slowly till it is smooth and thick. Stir frequently while it is being boiled. The marmalade will be done enough when it will jelly when dropped upon a plate. Put it, while hot, into glasses or jars.

**Raspberry Jam** — Take 6 lbs of berries and  $\frac{1}{2}$  lbs of sugar. Crush the berries with a wooden spoon, and put pulp and juice in a preserving-kettle. After they boil cook steadily half an hour, stirring often. Add the sugar, cook twenty minutes longer, and put boiling hot into jars. If there is a great deal of juice, dip out part of it and make jelly of it or reserve it for raspberry vinegar. Either black or red raspberries may be used for this, but the latter are especially delicious.

**Raspberries, Preserved** (French recipe) — Take 1 lbs of raspberries picked from the stalks set aside at least half which should be the finest, add to the rest 1 lb of white currants, and bruise and strain them through a cloth wringing it so as to extract all the juice. Put the juice into a preserving-pan and allow  $\frac{1}{4}$  lb of sugar to 1 lb of juice including the weight of the raspberries left whole. Let the sugar and juice boil skimming it and at the end of twenty minutes put in the rest of the fruit and let it boil for ten minutes longer. When the preserve is boiled enough — it is so if the syrup jellies when a little is put on a plate to cool — take it off the fire, and put in the usual way.

Another way — To 1 lb of fruit allow 1 lb of white sugar pounded, and boil twenty minutes without stirring. When done, put into small glasses, as directed for strawberries, and set in the sun from time to time. A delightful preserve to send to table with any delicately flavored ice-cream.

### Raspberries Preserved Whole

See Blackberries

**Raspberry Syrup** (an old Virginia recipe) — For every quart of berries add 1 lb of loaf sugar, and let stand overnight. In the morning put on to boil for half an hour, skim, and strain through a jelly-bag, let cool, pour into bottles, and cork.

**Strawberry Jam** — For this a smaller berry will do, but choose one that is sweet and firm. Hull, wash, and measure the fruit. Take pound for pound of sugar, crush the berries till there is juice enough so that they will not burn, boil them with one-third of the sugar and crush them as they cook for fifteen minutes, add one-third more sugar, and after fifteen minutes the rest and cook another fifteen minutes making three quarters of an hour to every kettle of fruit. This should be enough, but if the berries are watery they may need longer. Try by cooling a little in the air and take up as soon as the jam sets.

**Strawberries, Preserved** — Select large but firm berries, hull and wash them, and measure 2 lbs of fruit and 2 lbs of sugar. Put half a cupful of hot water in your kettle, add the sugar, stir till hot and then put in the 2 lbs of fruit and slowly simmer for five minutes. The berries will certainly lose their color and shrink, but take the whole up and put in shallow earthen or agate dishes, and stand in the sun for three days, taking them in at night and if it is very hot, moving them into the shade during the noon hour. The third day the color will return, the berries will grow plump and firm, and the syrup will almost jelly. Only 2 lbs must be put over at once, but they do not take long to do, and a few pounds may be put up on one day and a few more a little later, and so on. Put them in cans or glasses without reheating.

Another way — Allow only  $\frac{1}{2}$  lb





excellent preserve and taste almost like preserved figs

**Watermelon-rind Preserve**—Peel off the outside green rind and lay it into cold water for four hours, then change the water and put it on to boil. There should be enough of this fresh water to cover the fruit well.

As soon as it has boiled five minutes, take it off and put the rind into ginger-tea where it must remain all night. The next morning put it into

fresh ginger-tea and let it boil until you can run a straw through the pieces. Take the rind out of the tea and cut it into small pieces an inch or two in length. Add the juice and rind of four lemons and some sliced white rice ginger. Put 1 lb of sugar to 1 lb of fruit, and boil them together for one hour. The lemon-peel should be cut thin and boiled with the rind in ginger-tea. Carefully remove the seeds from the slices of lemon, lest a bitter taste be imparted to the preserve.

**Preserve Omelet.** See Eggs

**Pressed Beef.** See Beef

**Prince Albert Cake.** See Cake

**Princess Cream.** See Creams

**Princess of Wales Pudding.**  
See Puddings

**Princess Pudding.** See Puddings

**Provençal, Veal.** See Veal

**Prunes**—The following recipes for cooking prunes will be found under their respective headings as indicated.

**Prunes and Prunelloes.** See Fruits  
Stewed  
Whip

## PUDDINGS, PUDDING SAUCES, AND DUMPLINGS

**General Remarks**—Puddings require plenty of boiling water, which must be kept upon a quick boil or if baked, in a sharp but not scorching oven. A pudding in which there is much bread must be tied loosely, to allow room for swelling. A batter pudding ought to be tied up firmly. Moulds should be quite full, well buttered, and covered with a fold or two of paper floured and buttered. Eggs for puddings must be used in greater quantity when of small size. The yolks and whites, if the pudding is wanted light and nice should be strained after being separately well beaten. A little salt is necessary for all potato bean, or pease puddings and all puddings in which there is suet or meat as it improves the flavor. The several ingredients after being

well stirred together should in general have a little time to stand, that the flavors may blend.

A frequent fault of boiled puddings, which are often solid bodies is being underdone. Baked puddings are as often scorched. Puddings may be steamed with advantage, placing the mould or basin in the steamer or three-parts dipped in a pot of boiling water which must be kept boiling and filled up as the water wastes. When the pudding-cloths are to be used dip them in hot water and dredge them with flour the moulds must be buttered. Plain moulds or basins are easily managed. When a pudding begins to set stir it up in the dish, if it is desired that the fruit etc., should not settle to the bottom, and, if boiled, turn over the



*Pudding Sauces* — The most usual sauces for puddings are — sweet sauces, wine sauces, arrow-root sauces, and fruit sauces. They are made as follows

**Arrow-root Sauce** — Mix a table-spoonful of arrow-root smoothly with a little cold water. Add the third of a pint of water, a glassful of wine, the juice of a lemon and sugar and flavoring. Stir the sauce over the fire till it boils. This sauce may be varied by omitting the wine and using milk or milk-and-water with the arrow-root. The juice of almost any fruit, too, may be boiled with the arrow-root.

**Brandy Sauce** — Beat one cup of butter to a cream and gradually stir into it two cups of sugar and one teaspoonful of flour. Flavor with a gill of brandy. Set the bowl containing the mixture in a dish of boiling water and stir the sauce until it is creamy and foamy.

**Cherry Sauce (for sweet puddings)** — Pick and stone 1 lb of cherries and pound the kernels to a paste. Mix a teaspoonful of arrow-root smoothly with a little cold milk and pour over it half a pint of boiling milk. Boil it for two or three minutes then stir into it the cherries and the kernels, a teaspoonful of minced lemon-rind, half a nutmeg grated, a table-spoonful of sugar and a wineglassful of port. Let these simmer gently until the cherries are quite cooked, press them through a coarse sieve, boil the sauce again for two or three minutes and serve it very hot. Good melted butter may be substituted for the arrow-root if preferred, and when fresh cherries are not in season cherry jam may be used. The sauce ought to be as thick as custard and the color of the cherries. It is very nice for boiled or baked egg puddings. Time, about half an hour.

**Custard Sauce (for sweet puddings)** — Mix a pint of milk, sweetened

and flavored with two eggs slightly beaten. Put this into a saucepan and stir it gently till it thickens, but it must not boil. Serve it in a tureen or a glass dish and, just before serving, add a little sugar and a table-spoonful of brandy, and grate a little nutmeg over the top. This sauce is good with fruit tarts as well as sweet puddings. Time, about ten minutes to thicken.

**Fruit Sauces** — Boil fruit (almost any kind may be used) with a little water until it is quite soft. Rub it with the back of a wooden spoon through a fine sieve. Sweeten to taste, make it hot and pour the sauce over the boiled or steamed puddings.

**Hard Sauce (for puddings)** — Cream 6 ozs of butter until light and white as possible then stir in gradually the same weight of finely pulverized white sugar. It looks very inviting made up into the shape of a little pyramid thickly strewn with grated nutmeg. In addition you may use at pleasure vanilla or any other seasoning you prefer.

**Meringue Sauce** — Boil three table-spoonfuls of sugar in a little water until it reaches the soft ball stage (see Candy). Pour this syrup slowly on to the well-beaten whites of three eggs beating constantly. Continue the beating for two minutes over a moderate fire. Add a little lemon-juice, orange-juice, or currant jelly. Serve with sweet puddings or soufflés.

**Orange Cream Sauce (for puddings and sweet dishes)** — Soak the thin rind of half a small Seville orange in four table-spoonfuls of water for half an hour. Strain the liquid, add 2 ozs of loaf sugar and the juice of a St Michael's orange and boil quickly for two minutes. When nearly cold mix it with half a pint of thick cream and a table spoonful of rum and serve.

**Orange Sauce (for sweet puddings)** — Rub three or four large lumps of

sugar upon the rind of a large sweet orange until all the yellow part is taken off. Scrape out the pulp and juice of two oranges, and add them to the flavored sugar. Mix a tea-spoonful of arrow-root very smoothly with three table-spoonfuls of maraschino or curaçoa. Stir all gently over the fire for three or four minutes until the sauce thickens, then serve immediately.

**Peach Liqueur Sauce.** — When preserving or brandying peaches drain off the superfluous syrup before the liquor is added. Put it over the fire and boil ten minutes—longer if it is not as thick as good cream at the end of that time. Skim and strain through a hair sieve. To each quart of such liquid add a half-pint of good French brandy. Bottle and seal. This, when heated, makes a delicious sauce for puddings boiled or baked.

**Strawberry Sauce.** — Stir half a cupful of butter until it is soft and creamy, then gradually stir in one generous cupful of powdered sugar. Add some mashed strawberries. Place the sauce on the ice until needed.

Another way — Cream butter and sugar, and then stir in the beaten white of an egg and a cupful of strawberries mashed fine. With the egg added to the creamed mixture more berries may be used without the mixture separating.

**Sweet Sauce.** — Sweeten a little good melted butter and flavor it with grated lemon-rind, nutmeg or powdered cinnamon. Strew a little of the grate over the top and serve in a tureen. A little wine or brandy may be added at pleasure. This sauce is suitable for almost all ordinary boiled puddings.

**Vanilla Sauce (for sweet puddings)** — Beat an egg and stir half a pint of milk into it. Add sugar to taste and six or seven drops of vanilla flavoring. The quantity should be

regulated by the strength of the preparation. Put the mixture into a saucepan over a gentle fire, and stir one way till it begins to thicken, but it must not boil. Serve in a tureen with any kind of dry, boiled pudding. Time, about eight minutes to thicken the custard.

**Wine Sauce.** — Boil the rind of half a lemon or half an orange in a wineglassful of water till the flavor is extracted. Take out the rind, and thicken the sauce by stirring into it a salt-spoonful of flour which has been mixed smoothly with a piece of butter the size of a walnut. Boil for a minute, then add half a tumblerful of any good wine. Let the sauce get quite hot without boiling, sweeten, and serve. If port is used, the juice of the lemon may be added.

**Wine Sauce, Superior** — Take half a tumblerful of light wine (Madeira or sherry) and mix thoroughly with it the well-beaten yolks of two eggs. Place the jar in boiling water, add a little sugar, and whisk over the fire till it is nicely frothed. Serve at once.

**Almond Pudding** — Blanch 3 ozs of almonds, which can be procured shelled at any cake-baker's or confectionery. When cold, rub them in a mortar until they are reduced to a paste, adding by degrees, to keep them from oiling, two table-spoonfuls of rose-water. Put over the fire one pint of new milk, with  $\frac{1}{4}$  lb of pulverized sugar beat the yolks of six eggs until very light. As soon as the milk boils remove it from the fire stir in the sugar and eggs beating well all the time. First of all, stir in the almonds, beating three or four minutes, and then set aside to cool. Froth a quart of cream that has been well sweetened until it is stiff, remove the froth as it rises. In a glass dish arrange sponge cake and spread raspberry-jelly over the slices both at bottom and sides. Over this pour the custard, and on top pile the



over the top, put it in the hottest part of the oven to brown a minute or two. Either eat cold with cream or hot with sauce.

Another way — Take ten eggs, leave out half of the whites, a pint of apples stewed and passed through a sieve,  $\frac{1}{2}$  lb of butter, the rind of two lemons, and the juice of one. Sweeten as you please and bake in pastry

**Apple Slump** — One quart of sifted flour, two teaspoonfuls of cream of tartar, one teaspoonful of soda. Sift these articles together; the sifting is an important part of the preparation, and should be done twice. Mix into a dough with milk or water, milk is preferred. If water is used add one teaspoonful of lard. Make into a quite soft dough, with a spoon instead of the hands. Take two quarts of quartered apples. Now prepare one cupful of sugar and half a cupful of molasses with two cupfuls of water, and a seasoning of nutmeg or cinnamon and a pinch of salt. Place the apples and these ingredients in an iron kettle, and as soon as the mixture boils put the dumplings on top and boil briskly twenty minutes. At the end of fifteen minutes put in more water if necessary to prevent burning. Serve with cream.

**Baden Pudding** — Mix  $\frac{1}{2}$  lb of semolina with  $\frac{1}{4}$  lb of white powdered sugar, half a table-spoonful of orange-flower water, 2 ozs of butter, a beaten egg, three-quarters of a pint of cream and a little salt. Put all into a stewpan and stir till smooth and till it boils over a slow fire, keep stirring till it parts from the sides of the stewpan, draw it off the fire, stir in another egg, 2 more ozs of butter and  $1\frac{1}{2}$  ozs of crushed ratafias. Butter a mould, put the pudding in it, stand the mould in another vessel containing a little water and bake for an hour and a quarter. Serve with fruit or custard sauce.

**Barley Pudding** — Take 4 ozs of pearl barley and soak it in cold water

for a few hours, pour off the water, put the barley in a buttered stewpan, pour over it two pints of milk, and let it simmer gently for two or three hours, adding sugar to taste, and a few drops of any flavoring essence, pour it into a buttered pie-dish, strew a little ground nutmeg over, and bake for half an hour. Eggs and butter may be added to enrich.

**Batter Pudding, Boiled.** — To 1 lb of flour allow one pint of sweet milk, 1 oz of butter and six eggs. Beat the flour and milk together till smooth, beat the eggs till light and add to the flour and milk. Stir all well together, adding the butter in tiny lumps. Pour into a well-floured bag, tie up, and put in boiling water. Boil one hour.

**Batter Pudding, Cream.** — A half-pint of sour cream, a half-pint of sweet milk, a half-pint of flour, three eggs, a salt-spoonful of salt, a half-teaspoonful of soda. Beat the whites and yolks of the eggs separately and add the whites last. Bake in a regularly heated but moderate oven. A very nice sauce for this pudding is made by adding to a half-pint cupful of milk a table-spoonful of flour or corn-starch first wetted with a little cold milk. Then cream a half-cupful of butter and a whole one of granulated white sugar smoothly together. When the flour and milk have boiled two or three minutes add the sugar and butter. Stir well together.

**Bird's Nest Pudding** — Put into the bottom of the pudding-dish a few stoned raisins, fill two-thirds full with apples cored whole and the cavity filled with the raisins, make a batter as for batter pudding, adding grated cocoanut, pour the batter over the apples and bake in a moderate oven. When done loosen the edges of the crust and turn it upper side down on a plate.

**Blackberry Pudding** — Two cupfuls of stale bread-crumbs soaked in two

cupfuls of milk a little salt, and three well beaten eggs. Take one and one-half cupfuls of sifted flour and stir into it half a teaspoonful of baking-powder add one and one-half pints of blackberries. Put into a buttered pudding-dish and steam two hours. Serve with a rich sauce.

**Brandy Pudding** — Mix one cupful of flour with  $\frac{3}{4}$  lb of soft bread-crumbs half a cupful of sugar 1 lb of shredded suet two cupfuls of seeded raisins two cupfuls of currants, one cupful of candied orange-peel or citron, one small teaspoonful each of cinnamon cloves nutmeg and salt and list five beaten eggs and a small cupful of brandy. Put in a buttered mould and steam eight hours. When it is sent to the table put it on a round platter and put six or more lumps of sugar around it and a little paper cone in the top both concealed by holly. Then turn brandy over the whole and light. The sugar and the contents of the cone will keep the pudding alight. Serve a rich sauce with this.

**Bread-and-butter Pudding** — Make a batter of five eggs and a pint of milk, add a little salt before the eggs are put in. Have several slices of bread about as thick as for toasting, and spread butter thickly on them. Butter a pudding-dish and put in a layer of bread-and-butter then raisins and currants and another layer of bread-and-butter until the dish is nearly three-quarters full. Flavor the batter with nutmeg, pour over, and bake.

**Bread Pudding** — Crumble up one pint of loaf bread, pour over the crumbs one quart of sweet milk. Stir in the beaten yolks of five eggs one cupful of sugar and one table-spoonful of melted butter. Season delicately with lemon. Bake the pudding until it is of the consistency of baked custard. When moderately cool, spread over a layer of jelly or preserves. Beat up the whites of the five

eggs until very light, and add five table-spoonfuls of white sugar. Flavor this meringue with vanilla, put it on the pudding, and brown slightly.

**Buttermilk Pudding, Baked** — Two eggs, two cupfuls of sugar, half a cupful of butter, one teaspoonful of soda sifted in two cupfuls of flour and three cupfuls of buttermilk. Stir this last into the flour, etc., and mix lightly. Bake an hour in a pudding-dish.

**Buttermilk Pudding, Boiled** — One pint of buttermilk, five eggs, one table-spoonful of butter, nearly a teaspoonful of soda, a light quart of flour. Boil, tied in a bag.

**Cabinet Pudding (Mrs. Pope)** — Butter a mould, line the bottom with raisins and with citron cut into fancy shapes. Cover this with pieces of cake, then more raisins and citron, alternating with the cake until the mould is full to within an inch and a half of the top. Mix in a bowl three table-spoonfuls of sugar and the yolks of three eggs until they are a cream then mix in slowly a pint of milk just brought to the boiling-point. Pour this over the cake, etc., in the mould. Put this into a pan of cold water so that the water may cover one-third of the mould. Set it over the fire until the water boils then put the whole into the oven to bake an hour. Serve with wine sauce.

Another way — Line a plain tin mould with butter, then cut up 6 ozs of candied fruits, use a part, or preserved cherries, or citron mixed, to ornament the inside of the mould then cut into slips  $\frac{1}{2}$  lb of stale sponge cake, and place it in layers with the remaining candied fruits, intermixing 1 oz of ratafia, make a custard with one-half pint of milk and one-quarter pint of cream, a wineglassful of brandy 2 ozs of loaf-sugar, warm the milk and sugar and when hot but not boiling beat in the yolks of seven eggs, fill up the mould with this, cover and tie

close, steam or boil for an hour and a half

**Cherry Pudding, Baked** — Wash and stone the cherries, put a layer of them at the bottom of a well-buttered pie-dish, and strew over this a little sifted sugar and a small quantity of finely chopped lemon-rind, lay over these some thin bread-and-butter, and repeat the layers until the dish is full, finishing with cherries strewn over with sugar, pour a large cupful of water over the whole, and bake in a good oven. This pudding may be made with dried or preserved cherries, when instead of water, a little custard may be used to moisten the bread. The kernels of the cherries, too, may be blanched and sliced, and used instead of lemon-rind. Time to bake, three-quarters of an hour.

**Cherry Pudding, Boiled** — Make some good suet crust line a plain, round buttered basin with it, leaving a little over the rim. fill it with cherries washed and picked, add a little sugar and some finely chopped lemon-rind, wet the edges of the paste, lay a cover over the pudding and press the edges closely round. Tie a floured cloth over the pudding and plunge it into a saucepan of boiling water, which must be kept boiling or the pudding will become heavy. Before turning it out dip the basin into cold water for a moment. Serve with sifted sugar. A small pudding will require about two hours to boil. If the cherries are not fully ripe, a longer time must be allowed.

**Chestnut Pudding** — Boil the large Italian or Spanish chestnuts until tender, remove the shells and skins and rub them through a sieve or put them through a vegetable-press. They may be piled in a light powdery heap in a glass dish and have a wineglassful of sherry or Marsala poured over them. Cover them with whipped cream slightly sweetened. This is a delicious dessert and may easily be made in the United States.

Our native chestnut may even be used for it, but its small size renders the shelling and peeling a tedious task.

**Chestnut Pudding, Italian** — Boil 1 lb of the large Italian chestnuts, peel them, and put them through a vegetable-press. Moisten them with two table-spoonfuls of sherry, heap them in a shallow dish, and surround or cover them with whipped cream. Garnish with a circle of whole chestnuts, boiled and peeled.

**Chocolate Pudding** — Three-quarters of a cupful of chocolate grated to one quart of new milk. Let it boil, then set to cool. Beat until very light and thick the yolks of four eggs, reserving the same number of whites, with which to make a meringue. Sweeten with  $\frac{1}{2}$  lb of white sugar, and flavor delicately with vanilla. The chocolate being cool, gradually stir in the sweetened eggs, put it into a baking-dish and let it bake slowly. To make the meringue, beat up the whites until they will stand alone, add by degrees four table-spoonfuls of sifted pulverized sugar and flavor with a little vanilla or lemon-juice. When the chocolate portion is again cool, heap up the meringue upon it, and brown slightly by holding over it the red-hot lid of an oven, or something of the sort.

**Citron Pudding** — Beat until very thick and light the yolks of sixteen fresh eggs, stir in gradually, beating all the time  $\frac{3}{4}$  lb of sugar, then mix in  $\frac{3}{4}$  lb of melted butter from which all the salt has been previously washed. Now line two deep pie-plates with puff paste. Cut into thin slices some preserved citron, and lay closely over the pastry, leaving a margin of course around the edges. Fill with the batter and bake in an oven whose heat is regular, but not too great. When drawn from the oven sift over them finely pulverized white sugar. They are good whether eaten hot or cold, and are considered



the most dainty and delicate of all puddings

**Cocoanut Pudding** — Beat two eggs very light stir in a small cupful of fresh milk, add  $\frac{1}{4}$  lb of grated cocoanut three table-spoonfuls each of grated bread and powdered sugar two table-spoonfuls of melted butter one cupful of raisins, and the grated peel of one lemon. Beat all until well mixed. Pour the mixture into a buttered pudding dish bake slowly for an hour then scatter powdered sugar over it and serve with or without fruit

**Corn Pudding** — This is a Virginia dish. Scrape the substance out of twelve ears of tender green corn (it is better scraped than grated, as you do not get those husky particles which you cannot avoid with a grater) add yolks and whites beaten separately of four eggs a teaspoonful of sugar the same of flour mixed in a table spoonful of butter a small quantity of salt and pepper, and one pint of milk. Bake about half or three-quarters of an hour

**Corn-meal Pudding** — Put into the bottom of a bowl the well-beaten yolks of two eggs three heaping table spoonfuls of meal that has been well sifted and half a cupful of white sugar. Mix these ingredients well together and then stir in slowly one quart of boiling milk. Return the kettle and boil five minutes stirring constantly. After this batter has become quite cool add to it the beaten whites of two eggs. Then pour it into a pudding-dish and bake one hour in a moderate oven. Serve with cream and sugar, or any desired sauce

**Cottage Pudding** — One pint of sifted flour one coffee cupful of sugar, the same of milk 2 ozs of butter, one egg the grated rind of a lemon two teaspoonfuls of baking-powder rubbed into the flour. Cream the butter and sugar, add the milk and yolk of egg

beaten, alternate the flour and white of egg beaten stiffly. Bake in a well-buttered round pan in a quick oven. Eat hot, with fatty-butter or sauce. A much richer pudding is made with one pint of flour, half a pint of milk, the same of sugar  $\frac{1}{2}$  lb of butter, two eggs two teaspoonfuls of baking-powder and currants and raisins. Bake half an hour

**Cranberry Pudding, Baked** — Beat together one cupful of sugar and two table spoonfuls of butter then add two eggs well beaten and one cupful of milk. To this add three cupfuls of flour and two teaspoonfuls of baking-powder sifted together. Then add one and a half cupfuls of cranberries. Pour into a buttered pudding-dish and bake in a moderate oven. Serve hot with cranberry sauce

**Cranberry Pudding, Boiled** — One pint of milk four eggs and flour enough to make a thick batter, then add one pint of cranberries pour into a pudding-bag and boil two hours. Eat with a very rich sauce

**Custard Pudding, Baked** — Take as many eggs as will when level cover the bottom of the dish in which you intend to bake the custard. Break each one into a separate cup before it is mixed with the rest, to insure the quality of the eggs. Beat them a minute or two but not too much, or the custard will be watery. Fill the dish with milk, sweeten liberally and add a pinch of salt. Flavor with brandy, lemon, almond vanilla rose-water or orange-water. Stir all together. Grate a little nutmeg on the top, and bake in a moderate oven. As soon as the custard is set it is done enough. Time to bake about half an hour

**Custard Pudding, Boiled** — Make a pint of custard with half a pint of milk and three eggs. Flavor and sweeten it liberally or the pudding will be insipid. Put it into a

buttered basin which it will quite fill, cover it with a piece of buttered paper, and tie it in a floured cloth, then steam it gently until done. Keep moving it about in the saucepan for the first few minutes, that it may be well mixed. It must not cease boiling after it is once put in. Serve with wine sauce or a little jam. A large pudding may be made with very little more expense by adding another egg, another half-pint of milk, and a table-spoonful of flour. Time, forty minutes to steam.

**Dandy Pudding** — The yolks and whites of four eggs beaten separately, five table-spoonfuls of white sugar, to be added to the whites after they are well beaten, so that they will stand alone. Four heaping table-spoonfuls of brown sugar must be beaten into the yolks with two table-spoonfuls of corn-starch. Pour over the yolks one quart of boiled milk stirring until well mixed. Any flavoring may be used to taste. The whites are to be put on top and browned.

**Dumplings** — See recipes on pages 319, 320

**Egg Pudding** — Beat three eggs, and put in as much sifted flour as will make them very thick. Set a quart of milk and  $\frac{1}{2}$  lb of butter over the fire, then beat two eggs and stir them into the milk continuing to stir till it boils, then add the three eggs and let it boil until it is quite smooth and thick. Take it off the fire and season it to your taste with sugar, salt and nutmeg. Currants will improve it. Bake the pudding for half an hour. Serve with wine sauce.

**Farina Pudding** — Put 2 ozs of farina into three-quarters of a pint of new milk and let both boil up together, when done enough stir in  $\frac{1}{4}$  lb of butter 2 ozs of loaf sugar five eggs (omitting the whites of two), the rind of a lemon, grated,

a little orange-flower water, and some small slices of citron, beat the yolks and whites separately, adding the whites last of all, when mixed, beat hard and long, then bake in small cups, and serve with sauce.

**Fig Pudding** — Soak a cupful of fine crumbs in a cupful of milk for half an hour. Now add three eggs well beaten, a half-teaspoonful each of salt ground nutmeg and cinnamon 3 ozs of powdered suet, and a half-cupful of granulated sugar. Into this stir  $\frac{1}{2}$  lb of figs cut into tiny bits and well dredged with flour. Beat hard and turn into a greased pudding-mould with a tightly fitting top. Steam for three hours then turn out of the mould and set in the oven for five minutes. Serve with a hard or liquid sauce.

**Francatelli Pudding** — Pour a pint of boiling milk on ten table-spoonfuls of grated bread-crumbs, let the mixture stand ten minutes, then add the yolks of four eggs well beaten, six table-spoonfuls of sugar two of butter. Season with lemon. When beaten light, stir in the whites of the eggs which should have been well whipped, pour into a buttered dish and bake quickly.

**Frozen Pudding** — To three pints of new milk put three or four sticks of fresh cinnamon two blades of mace  $1\frac{1}{4}$  lbs of the best raisins stemmed and seeded cover these tightly in the stewpan and simmer slowly for fifteen minutes meanwhile beat very light the yolks of five eggs adding slowly when light  $\frac{1}{2}$  lb of pulverized loaf sugar, make it as light and creamy as possible, when ready strain the milk so as to leave out spice and raisins but save the latter as they are to be put in after a while stir in the eggs and sugar when the milk boils, beating it until it summers once, remove it from the fire and when cold stir in  $\frac{1}{4}$  lb of almonds that have been blanched and pounded in a mortar with a little

to cream, then the ruins, that were added to the milk.  $\frac{1}{2}$  lb. of best citron cut into small very thin sheets, and if liked a small portion of preserved orange cut thin mix all well together add a quart of rich cream, or full mixed milk and freeze as ice cream. A 'Turl head' makes a very pretty mould for it.

**Fruit Pudding, Boiled** — Half a pound of flour,  $\frac{1}{2}$  lb. of sugar,  $\frac{1}{2}$  lb. of butter,  $\frac{1}{2}$  lb. each of raisins, currants and citron, a nutmeg and a small piece of mace. Add four eggs, whisked for at least half an hour. Put the pudding in a well floured cloth that has also been scalded. Boil for three hours. Serve with wine sauce.

**Fruit Pudding, Steamed** — Three cupfuls of molasses, 1 lb. of chopped suet, three eggs, two cupfuls of sour milk, one teaspoonful of soda, three heaping cupfuls of chopped raisins and two of currants, one teaspoonful of cloves and two of cinnamon. Add equal parts of Graham flour and corn meal sufficient to make a stiff batter, and steam the whole for four hours.

**German Pudding** — The Germans excel in puddings and this one that bears the national name can hardly fail to please the most fastidious taste if the directions given are carefully carried out. Put a pint of sifted family flour into a bowl of convenient size and moisten by stirring in gradually a gill of hot boiled milk. Add a salt spoonful of salt with  $\frac{1}{4}$  lb. of melted butter and put the whole together into a pan over a moderate fire and stir constantly but gently, until the batter thickens. Now remove it from the fire but continue to work the paste. When quite smooth, return it to the fire and continue to stir it adding a little at a time  $\frac{1}{4}$  lb. of sugar, a flavoring of vanilla or orange-rind another  $\frac{1}{4}$  lb. of warmed butter and a little more salt with the yolks of ten eggs. Let this continue on the fire until it begins to get

frothy when the whites of the eggs must be added which, meanwhile must have been beaten as light as possible. Have ready a well buttered pudding-mould strewn with finely powdered sugar and flour or bread-crumbs and into this pour the mixture as soon as the whites of the eggs have been stirred in. A round, domestic-shaped mould is the usual one adopted for this pudding and is very pretty. Directly the mould is filled it must be placed in a stewpan holding boiling water. Do not let the water reach to more than half the height of the mould. Set the stewpan on the stove where the water may be kept at boiling point, but do not allow its quantity to be reduced, which can be managed by replenishing it when necessary from a kettle of water kept constantly boiling and ready. In about three quarters of an hour the pudding will be done. Turn it out, and serve with any sweet sauce you prefer. In Germany they commonly use sherry wine made very hot, and merely sweetened with white sugar.

**Ginger Pudding** — Two eggs, one-half cupful of sugar, one cupful of New Orleans molasses, one table-spoonful of butter, one cupful of warm milk, one teaspoonful of soda. If sour milk is used, use two large teaspoonfuls of soda, one table-spoonful of ginger. Serve with warm sauce. It may be baked in the morning and heated at noon, or even the next day, by setting it in the oven when dinner is ready.

**Glen Urquhart Pudding** — Cut up 4 ozs. of bread into pieces the size of dice. Put these into a basin, adding to them 3 ozs. of powdered white sugar, the same quantity of sulfana raisins, a few dried cherries, 2 ozs. of candied peel minced small, the grated rind of a lemon, and a glass of sherry. In a small enamelled pan melt over the fire 1 oz. of lump sugar. Brown the sugar a pretty color, and pour into it half a pint of creamy milk, or cream if obtainable. When the milk is cool add to it the well-beaten yolks

of four eggs Pour these over the ingredients in the basin Let all soak together for half an hour But-ter a china pudding-mould pour in the mixture cover over the top with a piece of buttered paper Stand the mould in a pan of boiling water See that the water reaches only half-way up the sides of the mould Boil carefully and gently for an hour and a half—or, rather steam the pudding Turn out on a silver or glass dish Serve the pudding with a whipped-custard sauce flavored with maraschino

**Golden Pudding** — Chop  $\frac{1}{2}$  lb of good beef suet very fine and put it into a bowl with  $\frac{1}{4}$  ozs of flour,  $\frac{1}{4}$  ozs of sifted bread-crumbs, a table-spoonful of sugar the grated rind of three lemons and a pinch of salt. Mix thoroughly, then add three well-beaten eggs Beat all briskly for a few minutes then turn into a buttered mould Tie a strong pudding-cloth over the top plunge into plenty of boiling water and keep it boiling fast for three hours Turn it carefully out on a hot dish and serve with a simple sauce

**Gooseberry Pudding** — One pint of gooseberries six slices of stale bread one cupful of milk half a cupful of sugar, one table-spoonful of butter Stew the gooseberries slowly ten minutes cut the slices of bread to fit the dish, and toast a light brown dip each piece while hot in milk and spread with the melted butter Cover the bottom of the dish with the toast then put on a layer of gooseberries sprinkle thickly with sugar another layer of toast, then berries alternating until the dish is full Cover closely and steam in the oven thirty minutes Serve with it a rich sauce

**Hasty Pudding** — Put a pint and a half of mill into a saucepan add a pinch of salt and when the milk is just boiling up sprinkle some fine flour with the left hand and beat well with a fork in the right to keep the flour from getting in lumps Con-

tinue until the pudding is like a stiff, thick batter, which it will be when about  $\frac{1}{2}$  lb of flour has been used. Let it boil five or six minutes longer, beating it all the time, then turn it into a dish with 2 or 3 ozs of fresh butter, and serve immediately Be sure the milk is quite boiling when the flour is first put in

**Hasty Pudding, Baked.** — Mix 2 ozs of flour in a pint of boiling milk Beat it over the fire till it is as stiff as batter, then pour it out, sweeten and flavor according to taste, and add 1 oz of fresh butter When cold, stir in three well-beaten eggs Spread a little marmalade or jam at the bottom of a deep pie-dish Pour in the mixture and bake in a good oven. Time, half an hour to bake

**Holiday Pudding** — Take two large lemons and grate off the peel of both Use only the juice of one, unless you like quite a tart flavor Add to the lemon  $\frac{1}{2}$  lb of fine, white sugar, the yolks of twelve and the whites of eight eggs, well beaten melt  $\frac{1}{2}$  lb of butter in four or five table-spoonfuls of cream Stir all together and set the mixture over the fire stirring it until it begins to be pretty thick. Take it off and when cold fill your dish a little more than half full, having previously lined its bottom with fine puff paste Bake carefully

**Huckleberry Pudding** — Butter a pudding-dish and line it with slices of bread cut half an inch thick and buttered Fill the lined dish with huckleberries sprinkle over them sugar and the grated rind and juice of a lemon Place some slices of buttered bread over the whole Set the dish in a pan of water in a hot oven, cover the pan with a plate and bake one and one-half hours When the pudding is done put over the top a meringue browned

**Indian Pudding, Baked** — Take one pint of yellow Indian meal and

stir into it a quart of milk which should be boiling hot. Melt slowly  $\frac{1}{4}$  lb of butter and mix it with a pint of molasses. Then stir it very gradually into the meal, flavoring the mixture with nutmeg and the grated rind of a lemon. Now let it stand, and when partially cool stir in quickly six eggs which have been well beaten. Pour the batter into a buttered pudding-dish and bake about two hours.

**Indian Pudding, Boiled** — Two cupfuls of milk, two cupfuls of corn meal, two eggs, two table-spoonfuls of sugar, two table-spoonfuls of beef suet, rubbed fine, half-teaspoonful each of sugar and ground cinnamon, pinch of soda in the milk. Heat the milk with the soda and when boiling stir in the meal, salt and suet, and set it aside to cool. When cold, beat in the spice, sugar, and whipped eggs and stir vigorously. Boil in a brown-bread mould for four hours. Leave room in the mould for the pudding to swell. Serve with hard sauce.

**Indian Fruit Pudding** — Make by the preceding recipe but stir in a cupful of seeded raisins and cleaned currants well dredged with flour just before putting the pudding in the mould.

**Indian Pudding (without eggs)** — Two table-spoonfuls of corn meal, one cupful of milk. Boil the milk and pour on the meal then add half a cupful of molasses, a pinch of salt, one quart of milk (cold), a heaping table-spoonful of butter dotted over the top in bits. Bake three hours in a moderate oven.

If sauce is desired to use with this pudding the following recipe is an excellent one. Beat the yolks of two eggs and one cupful of sugar together until very light, add half a gill of boiling milk. Let this simmer but not boil. When it has thickened a little remove from the fire, and when cool flavor with any essence preferred. Beat the whites of the eggs

to a stiff froth and add them to the sauce just before it is sent to the table.

**Lemon Pudding** — To  $\frac{1}{2}$  lb of stale bread-crumbs add the same weight of finely chopped suet, the juice and grated rind of two lemons, and 4 ozs of sugar, mix well, beat three eggs, and add them, boil for an hour in a mould. Serve with lemon or wine sauce.

**Louise Pudding** — Six eggs, six spoonfuls of flour,  $\frac{3}{4}$  lb of sugar, two teaspoonfuls of butter creamed with part of the flour, a gill of wine, half a teaspoonful of mace ground up fine, half a pint of cream and a pint of milk. Bake in a deep dish without lining of pastry, and eat without sauce.

**Mixed Fruit Pudding** — Soak one cupful of bread-crumbs in one cupful of hot milk, add one table-spoonful of butter, one cupful of sugar, one salt-spoonful of salt and one salt-spoonful of spice. Beat in three eggs and then add two cupfuls of fruit—apples, raisins, currants, peaches, apricots, minced or a mixture of several varieties. If canned fruit is used, drain it from the syrup and use the syrup in making a sauce. Turn into a buttered pudding mould and steam two hours.

**Molasses Pudding** — One cupful of chopped suet, one cupful of molasses, one cupful of sweet milk, one cupful of chopped raisins, one teaspoonful of salt, one dessert-spoonful of soda, three and a half cupfuls of flour—enough to give the consistency of gingerbread—half a cupful of butter and sugar. Flavor to taste. Steam for four hours, keeping the pot filled with boiling water. Serve with hot or cold sauces or the following lemon sauce. One lemon (juice and grated rind), one piece of butter (size of an egg), one teacupful of sugar, one egg, two table-spoonfuls of water. Let come to a boil, and serve hot.

**Mother Eve's Pudding** — The following is from an old English cook

Would you make a good pudding, pray mind what you're taught, Take two penn'orth of eggs, when they're twelve to the groat, Six ounces of bread (let Mill eat the crust), The crumbs must be grated as fine as the dust, Six ounces of flour you may add if you please, Stir it smooth as a paste with the eggs by degrees, Then of the same fruit which Eve once did cozen, Pared and well-chopped, take at least half a dozen, Six ounces of plums from the stones you must sort, Lest they break all your teeth and spoil all your sport, Six ounces of currants, be sure wash them clean, And six ounces of suet shred fine and stir in, Some lemon or citron peel add if you choose— Some people prefer it, but others refuse Six ounces of sugar won't make it too sweet, And some salt and some nutmeg the whole will complete Let it boil for six hours without any flutter, Nor is it quite finished without melted butter

**Mousseline Pudding** — Take the rind of two lemons and with the juice mix in 2 ozs of powdered sugar, 2 ozs of fresh butter a pinch of salt and the yolks of four eggs Put in a stewpan and stir briskly let the mixture just come to the boil Set it to cool in a basin when quite cold stir in one more yolk Whip four whites to a firm froth, and mix in carefully, so that the mixture is perfectly smooth and uniform Butter a plain mould, fill with the mixture, steam for three-quarters of an hour Serve with fruit sauce

**Nesselrode Pudding** — Make a rich custard of a quart of milk, four cupfuls of sugar, and eight eggs Scald the milk, pour it on the beaten eggs and sugar, and return to the range in a double boiler Stir until the custard is thick enough to coat the spoon, then remove from the fire and flavor with two teaspoonfuls of vanilla When cold, turn into a freezer and grind until half frozen Have ready  $\frac{1}{2}$  lb of *marrons glaces*, minced fine Remove the piddle from the freezer, and with a long-handled spoon stir the *marrons* into the half-frozen custard Put the top back on the freezer, and pack down in ice and rock-salt for three hours

Turn the frozen pudding into a chilled platter and heap whipped cream around it This is the simplest form of Nesselrode pudding A more elaborate preparation of this popular dessert has stirred into it, besides the *marrons* minced crystallized fruit and blanched and chopped almonds

Another way — Peel about two dozen chestnuts Throw them into boiling water, and let them remain for five minutes Drain them, take off the second skin, and put them into a saucepan with a pint of water and half a stick of vanilla, and let them simmer until quite tender, then pound in a mortar to a smooth paste, and press them through a fine sieve Mix the well-beaten yolks of four eggs with a pint of warm cream, and add 4 ozs of loaf sugar Put the custard into a jug, place it in a pan of boiling water, and stir it gently until it thickens Put in the pounded chestnuts, and pass the mixture through a tamis Add a glass of maraschino, and freeze in the ordinary way Take 1 oz of stoned raisins, 1 oz of candied citron cut into slices, and 1 oz of dried and picked currants To prepare them, let them soak in a little maraschino mixed with a small quantity of sugar for several hours, or let them simmer gently in syrup for about twenty minutes then drain and cool them When the pudding is set, put the



without which ingredient the best-made plum pudding will be insipid. Add a half-pint cupful of sugar and one nutmeg grated up very fine. Have ready a light quart of sifted flour, with some of it flour your fruit thoroughly.

Proceed to mix as follows. Having your well-beaten eggs ready in their proper receptacle, add to them a pint of milk, then stir in the floured fruit, creamed butter, and bread crumbs, lastly putting in just enough sifted flour to make the mass stick together in a lump. This will probably consume about the quart provided. Next dip your pudding cloth of stoutest muslin or jeans in boiling-hot water, and dredge over the inside a thick coating of flour. Put your pudding into it tie up tightly, but at the same time leave room for it to swell. Have plenty of boiling water in a roomy pot which must be filled up again with the same if it boils away too much. By inverting a plate in the bottom of your pot you will be sure that the pudding cannot stick to the bottom and burn, and if you have a strong cloth tied with trustworthy twine water cannot get in—the two worst mishaps that can befall the inexperienced cook. *Résumé* of ingredients. One quart of raisins one pint of sliced citron one pint of chopped apples one pint of dried currants one pint of milk a teaspoonful of salt, one quart of bread-crumbs one quart of flour eight eggs one pint of butter, a cupful of sugar.

**Plum Pudding** — Plum pudding is best when boiled in moulds, which should be well buttered before the mixture is put in should be quite full and should be covered with one or two folds of paper floured and buttered and then with a floured pudding-cloth. When bread is used which makes a pudding lighter than flour a little room should be allowed for swelling. A pinch of salt should always be remembered as it brings out the flavor of the other ingredients. After it is tied in the cloth the pud-

ding should be put into boiling water and kept boiling until it is taken off, when it should be plunged quickly into a basin of cold water, by this means it will be less likely to break when turned out of the mould. It is usual, before sending it to table, to make a little hole in the top and fill it with brandy, then light it, and serve it in a blaze. It is a good plan to mix much more than is needed, and to make several puddings instead of one, boil all together, and warm one up when necessary. If well made, plum pudding will be good for twelve months. When it is to be used, plunge again into boiling water and boil for at least two hours.

**Plum Pudding, Christmas** — Take  $1\frac{1}{2}$  lbs of bread-crumbs,  $\frac{1}{2}$  lb of flour, 2 lbs of finely shred beef suet, 2 lbs of stoned raisins, 2 lbs of currants, washed, picked, and dried, 2 lbs of sugar,  $\frac{1}{4}$  lb of candied lemon and citron peel, that is, 2 ozs of each, two small nutmegs, grated, the juice of a lemon, and the rind finely chopped a teaspoonful of salt, 2 ozs of sweet almonds, blanched and sliced sixteen eggs, a glass of brandy, and as much milk as will wet it, but no more than that as it makes the pudding heavy. It should be as stiff as paste. Mix all the dry ingredients thoroughly, then add the eggs and milk, and, last of all, the brandy. Boil it and keep boiling for ten hours.

**Best Sauce for Plum Pudding** — Take  $\frac{1}{2}$  lb of butter wash the salt from it, and cream till very light stir in  $\frac{3}{4}$  lb of brown sugar and the beaten yolk of an egg summer over a slow fire or on the back of a stove for a few minutes and when at boiling heat add a half-pint of good cooking wine. Serve in a sauce-boat, and sprinkle nutmeg over the surface.

If you would serve your pudding in true old English style, have ready a gill of pure alcohol and the pudding being turned out in a large and handsome platter, just as the servant





**Raisin Pudding**—Shred 8 ozs. of beef suet very finely and mix with it 1 lb of flour, a pinch of salt, a dessert-spoonful of moist sugar, a teaspoonful of baking-powder, the eighth of a nutmeg, grated, and 10 ozs of stoned raisins. Mix the dry ingredients thoroughly, and stir in with them as much milk as will make a thick batter. Pour the preparation into a buttered dish, and bake in a well-heated oven. Turn out the pudding, strew sugar over it, and serve. This pudding may be boiled as well as baked. Time to bake, one hour and a half.

**Raspberry-jam Pudding**—Two table-spoonfuls of jam, two table-spoonfuls of flour two table-spoonfuls of sugar, two table-spoonfuls of butter, one teaspoonful of salt one half teaspoonful of soda, one cupful of milk, two eggs. Cream butter and sugar together. Beat eggs separately, the whites to a froth. Add the yolks of eggs to sugar and butter, then add other ingredients. The soda must be dissolved in the milk and added after the flour and the whites of the eggs have been added. Put in a mould in a steamer over hot water and steam for two and one-half hours. Serve with the following sauce. Cream together one cupful of sugar and one-half cupful of butter. Take one egg and one-half cupful of cream beat the cream in a double saucepan and dissolve the hard sauce in it add the egg yolk and white beaten together. Stir till it thickens. Add one table-spoonful of brandy and serve hot.

**Rice Meringue**—One cupful of carefully sorted rice boiled in water until it is soft when done drain it so as to remove all the water cool it and add one quart of new milk the well beaten yolks of three eggs three table-spoonfuls of white sugar and a little nutmeg pour into a baking-dish and bake about half an hour. Let it get cold beat the whites of the eggs add two table-spoonfuls of

sugar, flavor with lemon or vanilla, drop or spread it over the pudding and slightly brown it in the oven.

**Rice Pudding (with raisins)**—One quart of new milk, one cupful of seeded raisins, two-thirds of a cupful of rice, keep it hot in a saucepan on the back part of the stove for two hours, or until the rice is soft enough. Then add one quart of milk, one cupful of sugar, and, when cool enough, two eggs (the yolks and whites beaten separately until they are frothy), a piece of butter the size of a walnut, and a very little salt. Mix carefully, so as not to break the rice and bake about half or three-quarters of an hour.

**Rice Pudding**—Take one cupful of cold boiled rice the grains broken as small as possible half a cupful of butter cut into very small pieces, sugar to taste the whites and yolks of five eggs, beaten separately, and new milk enough to make a thin batter. Flavor with lemon or vanilla, and bake in a pudding-dish lined with puff paste. If desired, the whites of two eggs may be omitted, and when the pudding is cold beat them perfectly light and spread them over the top. Sprinkle a little sugar over the pudding and brown it.

An excellent plain rice pudding may be made from two quarts of milk half a pint of rice and sugar to taste. Put into a tin pan and bake slowly in the oven one hour. Currants and raisins are very nice, added before cooking. To be eaten cold.

**Rivoli Pudding**—Boil  $\frac{1}{4}$  lb of ground rice in a pint and a half of milk till it is moderately thick stir into it a table-spoonful of fresh butter and twice that quantity of pounded sugar and leave to cool beat four eggs well and add them take a pot of apricot marmalade and cover the bottom of a buttered pie-dish with it pour the rice batter over and bake till set and nicely browned.

Puddings of this kind should be baked in dishes standing in pans of water, to prevent the preserve catching at the bottom

**Roly-poly Pudding** — The pastry for this favorite pudding may be made in three or four ways, according to the degree of richness required. For a superior pudding mix 1 lb of flour with  $\frac{1}{2}$  lb of very finely shired suet, freed from skin and fibre. Add a good pinch of salt, an egg, and nearly half a pint of milk. Roll it out three or four times.

For a plainer pudding, mix 5 or 6 ozs of suet with 1 lb of flour, add a pinch of salt, and make a paste by stirring in half a pint of water. When suet is objected to, rub 6 ozs of butter or 6 ozs of sweet dripping into 1 lb of flour, and proceed as before. When a smaller quantity still of dripping is used, the addition of a spoonful of baking-powder will help to make the pastry light. Roll out the pastry to a long, thin form, a quarter of an inch thick, and of a width to suit the size of the saucepan in which it is to be boiled. Spread over it a layer of any kind of jam and be careful that it does not reach the edges of the pastry. Begin at one end, and roll it up to fasten the jam inside, moisten the edges, and press them securely together. Dip a cloth in boiling water, flour it well, and tie the pudding tightly in it. Plunge it into a saucepan of boiling water, at the bottom of which a plate has been laid to keep the pudding from burning, and boil quickly until done enough. If it is necessary to add more water, let it be put in boiling. Marmalade, syrup, sliced lemon and sugar, lemon-juice and sugar, chopped apples and currants either separately or together may be used instead of jam for a change. Time to boil the pudding, one hour and a half to two hours, according to the size.

**Semolina Pudding** — Soak a scant half-cupful of semolina in as much

cold milk for ten minutes, and then stir this into a pint of milk made hot in a double boiler. Add a tablespoonful of sugar and cook for about half an hour. At the end of that time take the semolina from the fire, and stir into it a beaten egg and a teaspoonful of vanilla or other flavoring. This can then be eaten hot with sugar and cream, or it may be turned into a mould, wet with cold water, and allowed to become thoroughly chilled. It will turn out in shape. Marmalade or jam or stewed fruit is an excellent addition to this dish.

**Snowden Pudding** — Prepare 1 lb of sponge-cake batter in the following manner, to be baked in a thin sheet. To 1 lb of eggs, weighed in the shell, put 1 lb of pulverized white sugar and 10 ozs of flour. Flavor with the juice and grated rind of a fine, fresh lemon, or, if that is not obtainable, a teaspoonful of pure extract of lemon. When baked, and while hot, spread over the cake a layer of some nice preserves, strawberry or raspberry jam being especially nice for the purpose. Make it into a roll as neatly as possible and strew with powdered sugar. Serve with sweet sauce.

**Sponge Pudding** — Boil in a double boiler one pint of milk, a half-cupful of sugar, and a pinch of salt. Mix together a half-cupful each of flour and butter, and add to the boiling milk to make a stiff batter. Remove from the fire and when partly cool add the beaten yolks of five eggs, then beat the whites of the eggs to a froth and add. Pour into a buttered pudding-dish and place the dish in a pan half filled with boiling water. Set in a brisk oven and bake from thirty to forty-five minutes. Serve as quickly as possible.

**Sponge-cake Pudding** — Bake sponge-cake batter in a flat, square pan so that it will be about an inch in thickness when done. Let it cool and cut it into pieces about three-

## Strawberry Tapioca PUDDINGS, ETC. Tapioca Pudding

inches square. Slice and butter it, and lay the pieces back as they were before you split them. Mix a custard with four eggs and a quart of new milk, flavor and sweeten to taste. It is very nice if you use almond flavor in the cake, and lemon or vanilla in the custard. Lay the slices in a baking-dish, so that when the custard is poured over them it will be nearly full. Bake half an hour.

**Strawberry Tapioca**—Soak overnight a pint of a cupful of tapioca in cold water, in the morning put half of it in in a rather wide baking-dish or in the porcelain one of a silver pudding-dish. Sprinkle sugar over the tapioca, then on this put a quart of berries, sugar, and the rest of the tapioca. Fill the dish with water which should cover the tapioca about a quarter of an inch. Bake in a moderately hot oven until it looks clear. Eat cold with cream or custard. If not sweet enough add more sugar at table and in baking if it seems too dry more water is needed.

A similar dish may be made using peaches pired and sliced instead of strawberries. Pineapples pired and grated are also excellent with tapioca.

**Suet Pudding** is made very light by the use of bread-crumbs as a foundation. The ingredients which compose it are three cupfuls of the crumbs, one cupful of flour with two teaspoonfuls of baking-powder mixed with it, one and a half cupfuls of chopped suet, one and a half cupfuls of raisins stoned and chopped, one cupful of molasses, one cupful of milk with one teaspoonful of soda dissolved in it, one teaspoonful of salt and cinnamon, cloves and nutmeg to taste. Steam or boil three hours. The quantity of suet and raisins may be reduced to one cupful each if preferred. This quantity makes sufficient for two desserts for five people and a very good way to cook it is to divide it into two por-

tion, putting each in a small store with loaf. Set these, covered in the two compartments of a boiler and steam fully three hours.

They may be kept for weeks and require an hour to heat thoroughly. Serve on hot plates with a liquid sauce flavored either with wine or vinegar or with a hard sauce made as follows: Mix together about a table spoonful of butter (the pudding is so rich that this is sufficient) with one cupful of powdered sugar and the yolk of an egg, and when light and creamy flavor with two table-spoonfuls of brandy and a little nutmeg.

The bread crumbs for this pudding may be prepared a day or two before they are needed and it is a good plan to have stoned raisins always on hand. Work of this sort may often be done during a period of enforced waiting in the kitchen, and a cupful of raisins may be stoned in fifteen minutes, by keeping them in lukewarm water during the process.

**Sweet-potato Pudding**—To a large sweet-potato weighing 2 lbs. allow  $\frac{1}{2}$  lb. of sugar,  $\frac{1}{2}$  lb. of butter, one gill of sweet cream, one gill of strong wine or brandy, one grated nutmeg and a little lemon peel and four eggs. Boil the potato until thoroughly done, mash up fine and while hot add the sugar and butter. Set aside to cool while you beat the eggs light and add the seasoning last. Line tin plates with puff paste and pour in the mixture. Bake in a moderate but regularly heated oven. When the puddings are drawn from the fire, cover the top with thinly sliced bits of preserved citron or quince marmalade. Straw the top thickly with granulated white sugar and serve with the addition of a glass of rich milk for each person at table.

**Tapioca Pudding**—Take six table-spoonfuls of tapioca, soaked overnight in a pint of water, in the morning scald a quart of milk, beat the whites and yolks of three eggs separately,

# PUDDINGS, ETC Dumpling, Gooseberry

## Tapioca Pudding

stir the yolks into the tapioca when it comes to a boil, let it come to a scald and add the whites, then pour it into a mould and serve with cream and sugar

**Tapioca Pudding (with apples) —** Soak  $\frac{1}{4}$  lb of tapioca overnight in the morning pour off and put in one and one-quarter quarts of boiling water sweeten and flavor to taste. Take six or eight apples (tart ones) pare core and stand them in a baking dish fill the middle with sugar and a little cinnamon pour the tapioca over and bake until the apples are done. If preferred the apples can be pared cored and sliced

**Vanilla Custard Pudding —** Flavor a pint of milk with vanilla. Boil the milk and pour it while boiling on four eggs which have been lightly beaten in a bowl. Strain the custard let it cool and add sugar to taste. Pour the pudding into a buttered mould. Lay an oiled paper on the top put it in a pan with water to reach half-way up the mould and steam gently until done enough. Let it stand a few minutes after it is taken up before turning it out. Put it on a dish and garnish with preserved fruit. If liked the pudding may be baked instead of being steamed. Time to set the pudding, half an hour

**Dumplings, Apple. —** Shred as finely as possible from 6 to 8 ozs of suet, mix with it a pinch of salt 1 lb of flour, a small spoonful of baking-powder and enough cold water to make it into a stiff paste. Use a fork in mixing. Roll it out and line a well-buttered basin with it. Fill the basin with apples pared cored and sliced, add a little sugar, one or two cloves and a little water. Cover it with the paste and pinch it all round. Tie it in a well-floured cloth and boil for two hours and a half. As soon as it is turned out of the basin cut a little hole in the top, or the steam will make the pastry heavy. Serve with sweet sauce

**Dumplings, Baked Apple —** Fifteen apples, a quart and a half of flour, made into pastry with  $\frac{3}{4}$  lb of lard and  $\frac{1}{2}$  lb of butter,  $1\frac{1}{2}$  lbs of sugar. Pare and core the apples, fill the holes with sugar, two cloves, and two very small pieces of mace. Wrap each apple in a covering of the pastry put them into a baking-dish, sprinkle with sugar, cut 10 ozs of butter into small bits and put them into the dish. Then fill it with water to within half an inch of the top. Put in the syrup a teaspoonful of cloves and half as much mace. If the syrup boils away too much, when the dumplings are half done add a little more water and baste frequently with the syrup to prevent them from burning. Bake two hours and a half. Serve with hard sauce

**Dumplings, Rolled Apple —** Peel and chop fine some tart apples make a rich crust as for biscuit roll it half an inch thick, spread it thickly with the apple sprinkle fine sugar and powdered cinnamon over it, then cut it in strips two inches wide roll it up like jelly roll put a little lump of butter on each roll after it is put in the tin. A little juice will drain from the apples keep this to put into the sauce

**Dumpling, Cranberry —** One quart of flour and two teaspoonfuls of baking-powder sifted together. Mix into a soft dough with sweet milk. Roll the dough out very thin in oblong shapes and spread over it one quart of cranberries picked and washed clean. Add  $\frac{1}{2}$  lb of sugar sprinkled over evenly. Fold over and over, then tie in a pudding-cloth and put into a steamer, where let it cook over a steady fire for one hour, with faith, never looking into the pot. Serve with sweet wine sauce or sugar and cream

**Dumpling, Gooseberry —** Line a plain round basin with a good suet crust. Pick the tops and stalks from as many gooseberries as will fill

it strow some moist sugar over the top, and cover with the paste. Pinch in the sides securely, to prevent the juice escaping, and tie in a floured cloth. Plunge the pudding into boiling water, and boil for two or three hours, according to the size of the pudding.

**Dumplings, Lemon** — Mix 6 ozs of finely shredded beef suet with  $\frac{1}{2}$  lb of grated bread-crumbs or, if preferred, 4 ozs of bread crumbs and 4 ozs of flour. Add four table-spoonfuls of moist sugar, the chopped rind and strained juice of a large lemon, 1 beaten egg and half a pint of new milk. When thoroughly mixed divide the mixture into half a dozen parts. Put each part into a small buttered cup, tie it in a cloth, and boil quickly until it is done enough. Serve the dumplings hot. Time to boil one hour.

**Dumplings, Strawberry** — One pint of flour half a teaspoonful of salt and one teaspoonful of sugar, mix

thoroughly into this one table spoonful of butter, then a heaping teaspoonful of baking-powder, gradually add a well-beaten egg and one cup of milk, roll out to a half-inch thickness, cut in squares, put a few berries in the centre of each, roll up, and boil or steam about ten minutes. Serve with strawberry sauce.

**Dumplings, Suet** — Shred finely 6 ozs of suet, freed from skin and fibre. Add to it a teaspoonful of salt, 6 ozs of flour, and 2 ozs of bread crumbs. Mix the dry ingredients thoroughly. Break two eggs into a bowl, beat them well, mix with them six table-spoonfuls of milk, and stir all well together. Divide the mixture into five or six dumplings, tie these separately into cloths lightly dredged with flour, and boil them quickly until done enough. If any of these dumplings are left they may be cut into slices, fried in butter, and served a second time. Time to boil, three-quarters of an hour to one hour, according to size.

**Pudding Sauces** See Puddings

**Pudding, Soufflé.** See Soufflés

**Puff-balls** See Cheese

**Puff Paste.** See Cakes, also Pies

**Pulled Bread** See Bread

**Pumpkin, Cream of.** See Soups

**Pumpkin Pie.** See Pies

**Punches** See Beverages, also Ices

**Purée.**—The purée of any vegetable or meat is prepared by simmering till the substance is sufficiently pulpy or soft to be passed through a horse-

hair or tammy sieve. In the case of meat, it is sometimes necessary to beat in a pestle and mortar after simmering. The sieve is placed bottom upward, over a dish or tin, and with a wooden spoon the substance is worked through, and what passes through is called a purée. It is sometimes necessary to moisten with a little liquor, which facilitates the passing of the purée. The purée of any vegetable stirred into a clear beef stock makes a soup, and gives it its characteristic name.

**Purée of Game** See Game  
**of Carrot.** See Soups Game,  
Chicken.  
**of Various Vegetables**  
See Vegetables

## Q

Quail, Roast, Boned      See Game

Queen of Puddings      See Puddings

Queen's Soup              See Soups

Quenelles are force-meats made into small balls rolled in flour and poached. Frequently served in a sauce as an entrée also much used in soups. See Force-meats

Quick Cake              See Cakes

Quick Waffles              See Bread

Quinces —The following recipes for cooking quinces will be found under their respective headings as indicated

Quince Wine              See Beverages

Custard              See Custards

Baked              See Fruits

Juice

Pie              See Pies

Tart

Canned              See Preserves

Marmalade

Preserved.

## R

Rabbits —The following recipes for cooking rabbits will be found under their respective headings as indicated

Rabbit, Force-meat for

See Force-meats

à la Créole              See Game

à la Minute

à la Tartare

Barbecued

Fried

Marinated

Matelote of

Ragout —Strictly speaking, a ragout is a rich, highly flavored sauce made with mushrooms, truffles, sweetbreads, quenelles, stewed vegetables etc., and used as a garnish for entrées or removes. Ordinarily however a ragout is simply understood to mean any highly flavored preparation of meat or fish, poultry or game. See Beef, Game, Mutton, Veal

Ragout Force-meats

See Force-meats

Railroad Cake.              See Cakes

Raisin Cake.              See Cakes

Raisin Pudding              See Puddings

Raisin Soufflé              See Soufflés

Ramekins, Fish              See Fish

Ramekins of Cheese      See Cheese

Raspberries —The following recipes calling for raspberries will be found under their respective headings as indicated

Raspberry Cordial      See Beverages

Royal

Sherbet

Vinegar

Raspberry Short-cake	See Cakes
" Cream	See Creams
" Custard	See Custards
" Fool	
" Trifle	
" Biscuits	See Fruits
" Compose of	"
" Iced	"
" Meringue	"
" Flummery	
"	See Fruits, also Jellies
" Ice	See Ices
" Ice-cream	"
" Molasse	
" Vinegar	See Pickles
" Pie	See Pies
" Tart	"
" Jam	See Preserves
" Preserved	
" Syrup	
" Baker Pudding	
"	See Puddings
" Jam Pudding	"

Ravigote Salad. See Salads.

Redbirds in Jelly. See Game.

Redfish Jelly. See Fish

Red-pepper Catsup. See Pickles.

Red Snapper. See Fish.

Reed-birds and Potatoes.  
See Game

Remonade Dressing. See Salads.

Rhubarb — The following recipes for cooking rhubarb will be found under their respective headings as indicated

Rhubarb Fritters	See Fritters.
" Pie	See Pies.
" Tart	"
" Turnovers	"
" and Oranges	Marmalade.
"	See Preserves.
" Sauce	See Sauces.
" in Syrup	See Vegetables.
" Spiced	"
" Sealed	"
" Tapioca	"

Ribbon Cake. See Cakes.

Ribbon Jelly. See Jellies

Rice. — The following recipes for cooking rice will be found under their respective headings as indicated

Rice Bread	See Bread
" Griddle Cakes	"
" Muffins	"
" Pancakes	"
" Waffles	"
" Cake	See Cakes.
" Custard	See Custards
" and Cheese Fritters	
"	See Fritters.
" Tart	See Pies
" Meringue	See Puddings
" Pudding	"
" and Apple Soufflé	See Soufflés
" Soup	See Soups
" and Mushroom	See Vegetables
" and Omelette	"
" Casserole of	"
" Creole	"
" Curried and Tomatoes	"
" Macaroni	"
" Risotto	"
" Savory	"
" Timbale of	"
" Turkish Fashion	"

Rissoles. — Rissoles are composed of savory mince of any kind enclosed in pastry and fried. They may be served with gravy or they may be sent up dry on a neatly folded napkin. The latter is the more usual manner. They are chiefly useful as furnishing a convenient and elegant mode of using the remains of cold dressed meat, game or fish. Paines, if fried instead of being baked, will become rissoles. Rissoles should be thoroughly drained from fat either on a sieve or on blotting-paper before being sent to table. The difference between a rissole and a croquette is that a rissole is fried in pastry a croquette is eggd, breaded, and fried. See Beef; Game; Veal

Risotto. See Rice

Risoli Pudding. See Puddings

Rockfish. See Fish.



Rolls, Hot                      See Bread

Roly-poly Pudding    See Puddings

Roman Punch.              See Ices

Rough-and-ready        See Pickles

Roulade of Veal            See Veal

**Roux** is simply a mixture of flour and butter, which, when baked, is used for thickening soups and gravies. It is frequently spoken of as a brown or white thickening, it should be kept in a covered jar, and will remain good for months. A teaspoonful is sufficient to thicken a pint of gravy. See also Gravies and Thickenings.

**Roux, Brown** — Dissolve  $\frac{1}{2}$  lb of fresh butter, skim it well let it stand for a minute and pour it away from the impurities, which will settle at the bottom. Put the clear, oily part into a saucepan over a slow fire, shake into it about 7 or 8 ozs of fine flour, or as much as will make a thick paste. Stir constantly and heat the preparation slowly and equally until it is very thick and of a bright-brown color. Put it into a jar, and stir a spoonful into soup or gravy as it is needed. A teaspoonful will thicken half a pint of gravy. Roux may be mixed with hot or cold stock. If cold, stir it over the fire till it boils, if hot, moisten the roux gradually

with the stock, taking it off the fire to keep it from lumping.

**Roux, White.** — Dissolve 1 lb of fresh butter in a saucepan over a slow fire, skim it thoroughly, and pour the pure, oily part into a clean saucepan, leaving behind the thick curd at the bottom. Stir into it very gradually 1 lb of well-dried flour and stir it over a very gentle fire till it is thoroughly baked but not at all browned. The more slowly it is done the better, but care must be taken that it does not acquire the least color. Put it into a small jar for use, it will keep for some time. A teaspoonful will thicken half a pint of gravy.

Royal Biscuit                      See Bread

Rum Ice                              See Ices

Rum Omelet                        See Eggs

Rusk.                                See Bread

Russian Jellies                    See Jellies

Russian Salad                    See Salads

Russian Sauce                    See Sauces

Russian Soup                     See Soups

Rye Bread                         See Bread

Rye Drops.                        See Bread

# S

Sage is a plant much used in cookery for stuffings and sauces, it is supposed to assist digestion. Red sage is the best and green sage the next best. The following recipes in which sage is used will be found under their respective headings as indicated.

Sage and Onion Stuffing	See Force-meats
Onion and Apple Stuffing	See Gravies.
and Onion Gravy	See Soups
Sago Soup	

## SALADS

### VEGETABLE AND FRUIT SALADS, AND SALAD DRESSINGS

A salad well prepared is a charming compound and when taken with oil, very wholesome attractive and agreeable, badly prepared, it is an abomination. A Spanish proverb says that four persons are needed to make a good salad—a spendthrift to throw in the oil, a miser to drop in the vinegar, a lawyer to administer the seasoning, and a madman to stir the whole together. Lettuce is generally supposed to form the foundation of a salad but there are few fresh vegetables that may not be used, and on the continent of Europe every known vegetable is when plainly dressed, used cold for salads, and cold meat, fish and game are served in the same way. Among the vegetables appropriate for salads may be named asparagus, beets, celery, cucumbers, chervil, cauliflowers, dandelion leaves, endive, French beans, lettuces of all kinds, lentils, mustard and cress, mint, onions, parsley, potatoes, radishes, shallots, sorrel, tarragon, tomatoes, beans and water-cress. Three or four rules must be closely observed if the salad is to be a success. First, the vegetables must

be young, freshly cut, in season and in good condition, and should be kept in a cool damp place. Secondly, the vegetables should not be allowed to lie long in water. If withered they may be put in for a short time to render them a little crisp but if fresh, they should be simply rinsed through the water and dried immediately. Thirdly—and this point requires most careful attention—the vegetables must be rendered perfectly dry after washing. The best way of doing this is to drain the salad and shake it first in a colander, then in a clean napkin held by the corners and shaken lightly till the salad is dry. Fourthly, cut the salad with a silver knife, or tear it in shreds, do not prepare it until a short time before it is wanted and on no account mix the salad dressing with it until the last moment. It is a very usual and excellent plan to pour the liquid into the bottom of the bowl, lay the shred vegetables upon it and mix the salad at table. A wooden fork and spoon are the best for this purpose. Salads may be garnished in various ways, and

afford ample opportunity for the display of artistic taste. Boiled beetroots cut into slices stamped into fancy shapes or cut into trellis work sliced cucumbers, olives, hard boiled eggs cut into quarters or rings, radishes, nasturtium leaves and flowers etc. may all be used. When these are arranged tastefully the salad presents a very attractive appearance. Of course the garniture must not entirely hide the salad.

**Salad Dressing without Oil** — Mix a teaspoonful of salt and half a teaspoonful of white pepper with three table-spoonfuls of thick sour cream. Beat well and add a table-spoonful of vinegar. If liked the rind of a fresh lemon may be rubbed upon sugar and dissolved in the vinegar before it is mixed with the cream.

Another way — Rub the yolks of two hard boiled eggs till smooth. Add a spoonful of mixed mustard, a quarter of a teaspoonful of white pepper, half a salt-spoonful of salt, a pinch of cayenne and two table-spoonfuls of thick cream. When all these ingredients are thoroughly mixed add very gradually as much vinegar as will make the sauce of the consistency of cream.

**Boiled Salad Dressing** — To four well beaten eggs stir a pint of vinegar, two teaspoonfuls of sugar, a teaspoonful of mustard salt and paprika to taste. Turn all the ingredients into an enameled or porcelain-lined saucepan, and stir over the fire until the boiling-point is reached. Add two teaspoonfuls of butter, and beat until it is thoroughly incorporated. When cold, turn into a preserve jar and set in the refrigerator.

**Cream Salad Dressing** — To two well-beaten eggs add one teaspoonful of sugar, one-quarter of a spoonful of salt and mustard, and then three table-spoonfuls of vinegar and one of cream. Cook the mixture in a double boiler, stirring it till it thickens like cream. Cool and use.

**French Salad Dressing** — Rub the inside of a small bowl with a clove of garlic. Put into the salad spoon a salt-spoonful of salt, half as much pepper and fill the spoon with oil. With the fork stir all together, and turn into the bowl. Add five spoonfuls more of oil and two generous spoonfuls of vinegar. Mix all together and pour over the salad.

**Mayonnaise Dressing** — Everything to be used in its preparation must be thoroughly chilled. Leave in the ice box for an hour a deep soup-plate, two eggs, and the bottles of salad oil and vinegar. When you are ready to mix the dressing, put the egg yolks, drained from every drop of the whites into the cold soup-plate, and squeeze upon them a few drops of lemon-juice. With a silver fork stir the yolks, and at the same time drop upon them a teaspoonful of oil. As the egg thickens you may add the oil in larger quantities, until you have put in a pint. When about half the pint is used, stir into the dressing a pinch of mustard a dash of paprika, and the amount of vinegar needed to give the flavor desired. The vinegar will thin the mixture, but the remainder of the salad oil will bring it again to its former thick condition.

Another way — Chill the yolk of a raw egg on ice, then put the yolk on a very cold plate, and add a little salt, a dash of cayenne, and a gill of olive oil, drop by drop, stirring constantly in the same direction, when it forms a cream add a teaspoonful of French mustard and a table-spoonful of cider vinegar, stir all the time to keep from curdling. Lemon-juice or tarragon vinegar may be used instead of the cider vinegar. The mustard is frequently omitted.

Another way — Fill a bowl with ice-water and let stand ten minutes empty it, and break in the yolks of two raw eggs, beat until creamy, add a teaspoonful of salt, half as much pepper, and a table-spoonful

of oil, beat until thick, and add gradually half a pint of oil, then with two table-spoonfuls of sharp vinegar, pouring a few drops at a time. The beating should be done regularly from right to left, and the dressing should be a rich cream color when done.

Another way — Have ingredients and utensils very cold. Put the yolks of two eggs in a bowl and squeeze upon them a teaspoonful of lemon-juice. With a silver fork stir with a rotary motion, and as soon as the lemon-juice is blended with the yolks begin to pour in salad oil—a teaspoonful at a time at first—then, as the dressing thickens, in larger quantities. When a cup and a half of oil has been used, add two table-spoonfuls of vinegar, a teaspoonful of salt, a quarter of a teaspoonful of French mustard, and a heaping salt-spoonful of paprika. This will thin the dressing a little. Now stir in gradually half a cupful more of the oil, and set the mayonnaise on the ice until wanted.

**Mayonnaise, Swiss** — Make a good mayonnaise in the ordinary style. If you have a cupful of the dressing have ready two rather large potatoes boiled until tender. Put these through a vegetable-press or beat them fine and light with a fork. Whip these into the mayonnaise taking care that the whole is thoroughly blended, and that there are no hard lumps in the potato. Season to taste with salt and pepper and if you like a few drops of onion-juice. Just before serving beat the white of the egg very light and stir it quickly into the dressing. This is excellent on a salad of vegetables, fish or meat. It is improved by the addition of one or two good-sized raw tomatoes peeled and cut into small pieces. As a matter of course, this is a very heavy dressing not suitable for green salads and when served with cold meat and bread-and-butter takes the place of a side dish.

**Rémoulade Dressing** — Mash the hard-boiled yolks of three eggs until perfectly smooth, then add a raw yolk, and work with a spoon, add half a teaspoonful of salt, a pinch of cayenne, and a gill of oil, drop by drop, stirring rapidly, then add a table-spoonful of vinegar gradually, mix well, and use.

**Apple Salad** — Cut small, round slices from the tops of six nice King apples, hollow them out, making the pieces as large as possible. Do not spoil the shapes of the apples. Cut the scoopings in small squares and put them in a bowl. Cut, also the same size, the same quantity of white celery hearts and English nuts. Have half a pint of mayonnaise. Mix it with the salad, and finish with quarter of a pint of whipped cream. Mix gently, and serve in the apples.

Another way — Apple salad is made with firm, tart apples, which should not be prepared until a short time before it is to be served. Peel and cut the apples into tiny cubes, and to each cupful of the apple dice add a cupful and a half of celery, also cut fine. Stir lightly together and immediately pour over all a thick mayonnaise dressing. The salad may be garnished with the green leaves of the celery.

**Asparagus Salad** — Boiled asparagus is frequently served cold with a plain French salad dressing.

**Assorted Salad** — Cut all the white, tender part of one bunch of celery in pieces half an inch long add to it all the small white leaves. Wash the salad in plenty of cold water, then put it in ice-water one hour before using, so as to have it very crisp. Parboil for two hours two bunches of red beets, drain, and bake them for one hour. Peel and when cold slice them thin. Drain the salad in a salad-basket or in a clean towel, not squeezing it. Add the beets to it, then pour French salad dressing over the salad stir gently with two forks and serve.

**Banana Salad** —A strip of the peel of a large and perfect banana may be turned back, and most of the pulp carefully scooped out. The short, thick variety of banana, in either red or yellow, is the best for this purpose. To fill the space left by the removal of the pulp, prepare a mixture of thinly sliced banana, shredded orange or grapefruit, seeded and peeled white grapes, and a few kernels of English walnuts or pecans in small pieces. In their season, stoned cherries may be added. All must first be mixed in a bowl with a generous supply of dressing, and after the yellow cases are filled with the salad, each must be laid on lettuce leaves. These, like the apples, must be prepared a short time before using. Either a mayonnaise or a good boiled dressing may be used.

**Bean Salad** —Yellow wax-beans cooked until tender, cooled, and laid in French dressing for an hour before dinner, may be made into a delicious salad by chilling them, arranging them on a round platter on lettuce, and putting a mould of mayonnaise in the centre. This is made by preparing it half a day before it is needed, by setting a small cupful of gelatine in a mould. If this is too much trouble the stiff mayonnaise alone may be piled in the centre with a heart of lettuce.

**Beet Salad** —To some nicely boiled and well-sliced beets lay alternate rows of fresh onion also sliced, and pour over them any salad sauce, or simply oil and vinegar if preferred. Garnish with curled parsley. Instead of raw onions cold boiled ones may be used, together with slices of egg, hard boiled

**Bohemia Salad** —Yolk of one or two raw eggs, one or two young onions or leeks, three table-spoonfuls of salad oil, one table-spoonful of vinegar, some lettuce and slices of beet root, salt, and mustard. Take the yolk of one or two raw eggs according to the size of the salad you require beat them up well, add a little salt and mustard,

and chop up one or two young onions or leeks about the size of grass, then add the salad oil and the vinegar, and beat the whole up into a thick sauce. Cut in the salad, and put thin slices of beet-root at the top. Sprinkle a little salt over it, and do not stir it up till the moment you use it.

**Cabbage-and-celery Salad** (a Southern dish) —Shred cabbage very fine and cut celery into small dice, mix well together and sprinkle with salt and pepper. Put one gill of vinegar into a saucepan and stir in a well-beaten egg. Stir over a hot fire till as thick as cream, add a salt-spoonful of mixed mustard, a table-spoonful of olive oil, and a teaspoonful of sugar. Beat well together, and when cold pour on the cabbage and celery.

**Cabbage Salad** —One head of cabbage chopped fine, three eggs, six table-spoonfuls of cream, three table-spoonfuls of melted butter half a teaspoonful of black pepper, one teaspoonful of salt two table-spoonfuls of mixed mustard one cupful of cider vinegar. Stir together all the ingredients of the dressing but the cream and let them cook over the fire until they come to a boil then set the dressing aside to cool when the cream is to be added and the whole poured over the cabbage.

**Cauliflower Salad** —Boil a head of cauliflower, throw in cold water until wanted then tear apart, dry on a soft towel put in a salad bowl, pour over a teacupful of mayonnaise garnish with lettuce leaves and rings of hard-boiled eggs. Serve immediately.

**Celery-and-apple Salad** —To two cupfuls of crisp white celery cut into half-inch lengths, add a cup of firm tart apples cut into tiny squares. Mix thoroughly together, and cover with a mayonnaise dressing. The dressing must be made before the salad, so that it may be poured over apple and celery as soon as they are mixed, as the apple will become dis-

colored if allowed to stand exposed to the air

**Celery-and-radish Salad** — Cut crisp, well-blanchd celery into half-inch lengths and heap it in a salad-bowl. Border it with small, half-peeled radishes, and cover with a mayonnaise dressing

**Cherry Salad** — They are stoned, laid on lettuce, sprinkled with powdered parsley, and French dressing is poured over, and the whole is allowed to stand, for a while, when the juice is turned out and poured over the second time. Time, fifteen minutes

**Chestnut Salad** — Shell a pint of the large Spanish or Italian chestnuts rejecting all that are hard or shrivelled, and put the kernels over the fire in enough boiling water to cover them. Cook them half an hour, or until the skins slip off readily, as with scalded almonds. Take them from the saucepan and as soon as they are cool enough to handle, remove the skins. This may be done with the help of a fruit-knife or penknife and the skins will come off readily. Arrange the peeled chestnuts on crisp lettuce leaves, pour over them a French dressing and serve very cold

**Chicken Salad** — The chickens should be well fatted of medium size and the flesh delicate and white. Cook them in the morning using the water they were boiled in for soup omitting all seasoning until the fowls have been taken out. When entirely cold cut into small pieces and place in a cool dry cellar until wanted. If the meat inclines to dry throw over it a cloth slightly dampened in cold water. Take the finest white-t heads of celery have both the celery and chicken in pieces about an inch long and half as thick. When ready put the celery between clean sweet cloths to make it perfectly dry, and then prepare your dressing as follows. To a pair of

chickens allow three-quarters of a bottle of the freshest, sweetest salad oil, two scant table-spoonfuls of the best mustard the yolks of two raw eggs, and of ten or twelve hard-boiled ones. The eggs should boil vigorously at least ten minutes longer will not hurt them. Cool them by plunging into cold water, and remove the shells. Break the raw eggs dropping the yolks into a large dish, and stir the same way for about ten minutes then slowly add the mustard, mix it in well then add a teaspoonful of the best vinegar, and when this is incorporated, add the oil, a drop at a time, stirring it all the while and always the same way. Into the hard-boiled yolks, which have been well smoothed and mashed, mix lightly about a teaspoonful of vinegar, and pour slowly into the first preparation, mixing as lightly as possible with a fork. Season the chicken and celery with salt and pepper to taste and pour on the dressing. It should not be allowed to stand long after mixing. In cold weather if set where it is too cold, the ingredients of the mixture will separate and ruin it.

**Cold Slaw** — Select the finest heads of bleached cabbage. Cut up enough to fill a large vegetable-dish, shave very fine. Boil four eggs till hard mix the yolks smoothly with a little cold water and gradually add to them a cupful of sweet cream two table spoonfuls of mixed mustard one heaping table-spoonful of sugar a teaspoonful of salt  $\frac{1}{2}$  lb of butter and a little pepper if you choose. Place all these ingredients mixed together in a small stewpan over the fire. Put the cabbage in the dish in which it is to be served. Let the sauce come to a boil pour it hot over the cabbage and lastly add half a teaspoonful of good vinegar. It may not be irrelevant to remark that the term "cold" sometimes appended to "slaw" has no reference to the dish being served up hot or cold but is only an English corruption of *Kohl* the German name for cabbage.

Cold slaw merely signifies cabbage salad

**Cress - and - celery Salad** — Take equal parts of cress and cut up celery stalks, put in a salad-bowl, sprinkle with minced sweet herbs, pour French dressing over it, and serve very cold

**Cucumber Salad** — Cut a slice from a cucumber, and scoop out the inside, cut bits of tomato in similar size and mix the two with French dressing. Return to the shell, and put each cucumber on a plate by itself, on lettuce. Small round balls of cream-cheese are nice with this

**Dandelion Salad** — Wash and pick over carefully a quantity of dandelions, let stand in cold water several hours, drain and shake dry. Put them in a salad-bowl, sprinkle with salad herbs, and pour a plain salad dressing over

**Dr. Kitchener's Cooked Salad** — Arrange in a tasty way, in the centre of a deep dish, a pile of cold cauliflower, delicate cabbage, asparagus-tops, sea-kale green peas kidney-beans artichoke bottoms, or whatever happens to be in season. A variety is advantageous. When nicely packed together pour over the whole a French salad dressing and have a table-spoonful of capers pickled nasturtium buds or chopped gherkins thrown into it. As a final decoration, shred very finely over the surface a few fresh leaves of lettuce so as to conceal what lies beneath them. Cold fowl or game cold roast veal or other meat, crab, lobster, or any kind of cold fish may also be used in this salad

**Fish Salads**

**See Fish**

**Fruit Salad** — Divide one large orange and two mandarins into carpels, slice two bananas shred a small pineapple, peel and seed two dozen Malaga grapes, and shell and

halve a dozen English walnuts. Heap all upon crisp, delicate leaves from the heart of lettuce and pour over them a mayonnaise dressing. Serve very cold, almost frappé

**Fruit Salad (with whipped cream)** — Select the smallest pineapples cut them one-third from the top and scoop them out almost entirely. Peel three nectarine oranges remove all the thin skins and with a sharp knife cut them in small pieces. Peel and cut in small slices four red bananas, and do the same with four peaches. Peel and take out the seeds of 2 lbs of hot-house grapes. Put all these fruits in a bowl. Squeeze the juice of two large oranges in another bowl and add to it  $\frac{1}{2}$  lb of powdered sugar, one-half pint of maraschino one gill of brandy three table-spoonfuls of finely cracked ice mix well. Fill up each pineapple with the fruits and pour over the dressing reserving a few grapes to decorate the cream. Beat very stiff one quart and a pint of good fresh cream. When stiff add to it  $\frac{1}{2}$  lb of powdered sugar and one gill of maraschino mix gently. Put the cream in a high round fruit-dish and put the remaining grapes around the cream. Procure some fresh moss and put it in plenty of cold water the previous day to make it very green. When ready to dress the fruit shake the moss in a napkin and then arrange it on a round tray. Place the pineapples around the bowl of cream and serve very cold

**Grape-fruit Salad** — The small inferior grape-fruit cannot be used for this purpose. Instead select the largest and finest you can find. One big grape-fruit will serve three or four people. Peel it carefully and divide it into carpels removing the seeds and every particle of the thick white skin. A fragment of this bitter covering may spoil the dish for the one to whose share the distasteful morsel falls. Arrange the sections of fruit upon lettuce and pour over all a French dressing. Like every other

salad, this should be thoroughly chilled before it is served

**Green-pepper Salad** — They are selected as large as possible, and as shapely. Then the pointed ends are cut off and the seeds taken out and a mixture of shredded cabbage and celery, or cabbage alone, with a stiff mayonnaise, is put in, the cabbage showing at the top and a bed of lettuce hearts is arranged for them, the light and dark green contrasting prettily.

**Ham Salad** — Take 1 lb of lean, cold boiled ham, and cut fine. Chop half as much celery and mix with the ham, put in a salad-bowl, pour over half a pint of mayonnaise and garnish with rings of hard-boiled eggs.

**Italian Salad** — Italian salads comprise every variety of vegetables, cooked or raw, and meat or fish, though it must not be supposed that the different ingredients are heaped together without due regard to harmony. We give here one of the best salads. Slice a couple of cold potatoes and the half of a beet-root, and mix them with some boiled celery and Brussels sprouts. Season with vinegar or tartar sauce. Add any cold meat in small pieces and serve as soon as mixed. Place the meat lightly in the bowl and throw the salad mixture over. Crown the whole with stoned olives.

**Lent Salad** — Fill the bottom of a salad-dish with crisp lettuce leaves. Cut cold boiled or baked fish into pieces and fill the dish with it. Pour over a pint of mayonnaise dressing. Chop the coral of a lobster very fine, sprinkle it over the salad. Garnish with rings of hard-boiled eggs, and serve very cold.

Lettuce is undoubtedly the queen of salads. Use the tender leaves only and put them in cold water twenty minutes to make them crisp. Drain in a colander and toss in a napkin until thoroughly dry. The plain French

dressing is best, but some prefer to add chopped herbs when mixing the salad with the dressing. All varieties of lettuce are prepared in the same way.

**Lobster Salad.**

See Fish

**Mixed Salad** — Boil eggs hard, chop up separately the yolks and the whites into a coarse powder. Grate a quantity of hung beef, cut filleted anchovies or Dutch herrings into strips. In the middle of the dish make a compact heap of blanched lettuce hearts. Surround this with a circle of water cress or other dark or bright-green salad. Next to this strew a circle of powdered egg-yolk, then of the whites, then of the beef. Make an outer circle of whatever salad you have that is freshest and most convenient. Cut up small. Decorate the central heap with the strips of herring or anchovy, and garnish the outer rim of the dish with a few patches of pickled red cabbage and chopped parsley or chives, placed alternately round its circumference. Serve mayonnaise sauce or salad mixture in a separate boat. This medley salad may be greatly varied as season and circumstances render convenient.

**Merveille Salad** — Divide one nice head of white lettuce into four parts. Cut from each part a small heart, to be placed on top of each corner of the prepared salad. Shred all the remaining white leaves. Remove the stems of a white chicory, using only the tender part. Divide one romaine salad into four parts. Chop finely one large cooked and cold beet and pour over it one table-spoonful of wine vinegar. Add three table-spoonfuls of finely chopped white celery. Place all the leaves for the salad in a bowl of ice-water for half an hour before using it. While these are cooling chop finely one hard-boiled egg. Cut four anchovies into very small pieces. Drain the salad in a salad-basket or dry between the folds of a clean towel. Arrange them artistically in a salad-bowl, and over the leaves spread first the



chopped beet and egg, then the anchovies, and finish with half a table-spoonful of parsley, chopped fine, distributed about it. When ready to serve, pour over the salad a French dressing, and mix gently by lifting the leaves here and there with the salad fork.

**Orange Salad** — Peel three or four good oranges free them from the white skin, and cut them into slices of about a quarter of an inch in thickness. Arrange them neatly in a compote dish, strew 3 ozs of finely powdered sugar over them, and pour upon them a wineglassful of sherry, a wineglassful of brandy, and another of rum or whiskey. Curçon or maraschino may be used instead of the above mixture, if preferred. Many persons find no wine so agreeable in an orange salad as port. This dish should if possible, be made some time before it is wanted.

### Oyster Salad

See Fish

**Pea Salad** — Remove the centre from tomatoes. Chop fine a few sprigs of parsley with a slice of onion and mix them with a large cupful of cooked pease, fill the tomatoes, and put on the top of each one a spoonful of mayonnaise dressing. Chopped cucumber or celery may be used with pease. The stuffed tomato should be served on a lettuce leaf.

**Peanut Salad** — Shell the nuts, which must be fresh and thoroughly roasted, and remove the brown skins just before serving, arrange them on a bed of white and tender escarole, chicory or small white lettuce leaves, dress the salad with a plain French salad dressing. The salad must be eaten as soon as it is dressed, or it will lose its crispness and flavor.

**Pineapple Salad** — This is one of the best of all the fruit salads served either during the meal or as a sweet course at the end, both of which forms are suggested. For the first pick up the pineapple in rather large bits

and put in a glass dish, and put strawberries over the top. Cover with French dressing, and stand the dish on a platter on which is a quantity of broken ice. Or to vary the salad, prepare as above, but pass mayonnaise with it, besides the dressing. To turn this into a sweet dish, and yet keep its salad form, prepare the pineapple and cover it with powdered sugar and sprinkle it with the juice of a lemon. When ready to serve, put maraschino cherries over the top, and pour the juice over all, serve in the ice-bed as before.

**Potato Salad** — Peel and boil six potatoes, and set aside to cool. When cold cut into slices and mix with the potatoes two onions minced very small, and a table-spoonful of minced parsley. Pour a French dressing over the salad, tossing and stirring gently, that the potatoes may become coated with the dressing. Set in a cold place until wanted. The German potatoes which can be bought in any "delicatessen" store are best for salads, as the slices keep their shape better. American potatoes are mealier and are apt to crumble.

**Ravigote Salad** — Clean two large heads of white lettuce, remove the stems of the large leaves, cut the leaves in four pieces. Keep the heart large enough to be cut in four pieces. Wash in ice-water, and drain in the salad-basket or shake gently in a clean towel, taking care not to bruise the leaves. Peel and slice thin two cucumbers of medium size, and put in a bowl with one teaspoonful of salt and a few lumps of ice for two hours before using. When ready, drain in colander and wipe lightly with a towel. Prepared in this way cucumbers are easy to digest. Peel and slice the largest radishes of a bunch. Keep the smaller ones whole and trim them prettily to decorate the salad. Leave in ice-water until ready to use. Cut in thin slices one-half pint of cold, boiled potatoes cut in thin strips two inches long  $\frac{1}{2}$  lb of cold, lean, cooked

ham, and  $\frac{1}{4}$  lb of cold smoked tongue. Arrange all in a salad-bowl, putting the nicest pieces on top. Set in ice-box until time to serve. Make and keep cold the following dressing. Crush in a bowl the yolks of three hard-boiled eggs and also the yolk of a raw one. Add slowly four table-spoonfuls of olive oil stirring to a smooth paste. Add one teaspoonful of dry mustard. Mix well with this one small green onion, one table-spoonful of gherkins one table-spoonful of parsley, all chopped fine, one clove of garlic, one teaspoonful of salt one salt-spoonful of white pepper. At the last stir in two table-spoonfuls of tarragon vinegar. Pour the dressing over the salad. When ready to serve remove the garlic clove. The salad must only be stirred at the table. Any cold roast meat may be used instead of the ham and tongue, making the salad a very palatable one, and also quite inexpensive.

**Russian Salad** — Cut some carrots, turnips parsnips and beet-root into strips with a scoop. Add if liked, other vegetables, such as asparagus, pea French beans gherkins capers scraped horseradish etc. Put the vegetables in a salad-dish in layers season each layer with maitonaise or tartar sauce and gradually diminish the size of the layers till the salad comes to a point. Ornament with a border of aspic jelly picked prawns, olives or gherkins and garnish the surface with small balls of caviare.

**Spanish Salad** — Peel and slice four medium-sized tomatoes and seed and shred fine one small green pepper. Arrange these on lettuce leaves in a salad-bowl. Stone and slice a dozen olives and mix them through the salad. Have all ice-cold. Make a French dressing adding to it a teaspoonful of minced chives or a dozen drops of onion-juice and pour this over the salad about five minutes before it is to be eaten. Mix it well with the salad before serving.

**Spinach Salad.** — Take a quart of young, tender spinach leaves, put in a salad-bowl with spring onions cut up fine and a sprig of mint. Pour over half a pint of plain salad dressing, and garnish with hard-boiled eggs.

**Summer Salad** — Take cold boiled string-beans, pea shoots potatoes, and asparagus-tips. Slice the beets and potatoes. If you have a spare tomato or two and a small cucumber, peel and slice these and add them to the cooked vegetables. Mix them carefully that you may not break the vegetables. Arrange them on lettuce leaves, and serve with a French dressing.

**Tomato Salad.** — Like most other kinds it should be dressed only just before serving and for variety cucumbers Spanish onions, or both, may be mixed with the tomatoes. For the dressing use either the French dressing or mayonnaise.

**Turkey Salad** — Turkey is more economical and better for salad than chicken. To a turkey weighing about 9 lbs allow nine eggs — seven hard-boiled and two of them raw, yolks and whites beaten separately. To each egg allow two table-spoonfuls of salad oil, perfectly pure and sweet, one salt-spoonful of salt, the same of mustard, and two of cayenne pepper to the whole. Celery to taste lettuce leaves, if in season using only the heart, and the juice of two large lemons or three smaller ones.

**Turnip-top Salad** — All through the South there is no salad more prized than turnip-tops. The tender young leaves are freshly gathered and thrown into cold water. The pot is put over a brisk fire, and in twenty minutes the greens will be boiled. Take them up in a vegetable-strainer place them in a vegetable-dish add a small lump of butter and cover the turnip-tops with poached eggs. Sprinkle these last with pepper,







grated English cheese and a very little made mustard. Chop finely two hard-boiled eggs. Pepper and salt them, and mix them to a paste with a little oil or creamed butter. On a thin slice of buttered bread spread a layer of cheese, then a layer of egg, and cover with a second slice of bread. For an egg sandwich omit the cheese, and supply its place with two or three of the tiny white heart leaves of lettuce. Brown bread and cress is a popular sandwich with people who like that pungent vegetable. The bread should be liberally buttered, and only the water-cress leaves used. It is good served with raw oysters.

**Elite Sandwiches** — Take cold beef, boiled tongue, ham, and cold roast turkey in equal proportions, chop very fine and stir well together in a bowl. Chop up pickled gherkins and stuffed olives. Make a salad dressing and pour over the whole, mix well, and place between thin slices of buttered bread.

**Fish Sandwiches** — The fish should be pounded to a paste, seasoned with salt and pepper and moistened with a mayonnaise sauce.

**French Sandwiches** — Chop one cupful of white meat of a chicken, three olives, one gherkin and a table-spoonful of capers, add to this half a pint of mayonnaise dressing thin with a table-spoonful of tarragon vinegar. Spread on thin slices of bread, roll and tie.

**Jam Sandwiches** — Any kind of jam, preserve, marmalade or minced fruit—canned as well as fresh—spread between thin slices of bread.

**Lettuce and Cheese Sandwiches** — These are made of Boston brown bread. Spread the round slices thickly with fresh Philadelphia cream cheese and lay on this a crisp lettuce leaf that has just been dipped in French dressing. Press another piece

of buttered brown bread upon this, and cut each sandwich in half, thus making a semicircular slice. Keep these sandwiches in the ice-box until you are ready to use them.

**Meat Sandwiches** — They can be made by slicing meat very thin, but the best way is to mince it finely, season with salt and pepper and mustard, using a little milk, cream, or water to moisten. Or use a mayonnaise sauce for this. Canned or potted meats may be used.

**Salad Sandwiches** — Prepare the bread in the usual way, and have ready some mustard and cress, water-cress, all well washed and dried, put them into a bowl with mayonnaise sauce and when ready for serving spread the salad neatly between the bread.

**Salmon Sandwiches** — One can salmon, half a pint of mayonnaise dressing, one table-spoonful of capers, and a little chives. Chop the salmon, chives, and capers together very fine. Mix well with the dressing, and spread on thin slices of bread.

Another way — Free cold or canned salmon from all particles of skin and bone and shred it finely with a silver fork. Salt to taste, add a squeeze of lemon-juice and a dash of tomato catsup, and mix to a paste with butter.

**Sardine Sandwiches** — Take as many tinned sardines as will be wanted. Scrape the skin lightly off each fish, split it open, cut off the tail, and remove any bones there may be. Take thin slices of bread from a stale loaf, butter these and lay the sardines between two of them. Cut away the crust and press the slices with the hand to make them adhere. Cut them with a sharp knife into long narrow sandwiches and serve on a dish with a neatly folded napkin. Garnish with parsley.

Another way — Chop together six boned sardines, two hard-boiled eggs, five olives. Mix well, adding some

of the oil of the sardines, lemon-juice, French mustard, and salt Spread on thin slices of bread, and roll

**Spanish Sandwiches** — Bone twelve oil-preserved anchovies, and cut into strips about an inch long Make into a paste with 1 oz of capers and a sprig of parsley, add a dash of paprika, half a teaspoonful of mixed mustard, one table-spoonful of tarragon vinegar one table-spoonful of oil the yolks of two hard-boiled eggs, and salt Mix smooth, chop the whites of the eggs Butter thin slices of bread, and spread with the paste sprinkle over them the chopped whites Trim, and tie with narrow ribbons

**Tartare Sandwiches** — To six table-spoonfuls of chopped hard-boiled eggs allow a teaspoonful of chopped capers and a table-spoonful of chopped cucumber pickle Mix to a smooth paste with mayonnaise dressing For savory sandwiches lettuce, cucumber, and tomato are much nicer in the spring of the year than anchovy and caviare, which make the additions to the winter tea-table A nasturtium leaf sprinkled with a little salt, and set between two thin, circular pieces of bread-and-butter, makes a simple, pungent-flavored sandwich All savory sandwiches are prettier made with circular pieces of bread cut with a round cutter not exceeding the size familiar in the rotund "Maryland biscuit", and all savory sandwiches should have their succulent quality designated by a sprig of parsley laid upon the top when ready to be served

**Veal Sandwiches** — To one cupful of chopped veal and one hard-boiled egg add 2 ozs of butter, two table-spoonfuls of catsup, salt and pepper to taste Mix well and spread on thin slices of bread.

**Canapés** — Take slices of bread about half an inch thick remove the crust, and stamp them out in rounds, ovals, or diamonds, then fry them in

boiling oil or butter till they are lightly browned These form the foundation of the canapés They may be seasoned and garnished with anchovy, shrimp, or lobster paste, toasted cheese, hard-boiled eggs, cucumbers, beet-root, parsley, salad, cresses, celery, gherkins, prawns, crayfish, or salmon A combination of two or three things gives them a handsomer appearance They should be served on a napkin and garnished with parsley, etc. Time to fry, ten minutes

**Anchovy Canapés** — From a square loaf baked the day before cut slices and remove the crust Mix a half-teaspoonful of good butter, a half-teaspoonful of chopped water-cress, a half-teaspoonful of chopped gherkins half a yolk of hard-boiled egg Spread this over two of the prepared slices Cut in small fillets one nice anchovy, put the fillets between the two slices This quantity is for one canapé Arrange the canapés on a fancy napkin on a plate

**Asparagus Canapés** — Scrape and wash well a fresh bunch of asparagus, separate the stalks tying them in small bunches, and boil eighteen minutes in boiling water to which one-half table-spoonful of salt has been added When done remove at once as they quickly become water-soaked and lose their flavor Drain in a warm towel, and cut in lengths of four inches long Serve on canapés made of dry bread with mayonnaise sauce

**Bismarck, Canapés à la.** — Sauté small slices or disks of bread in butter till they are a light brown, spread over each when cold a thin layer of anchovy butter, curl round on each an anchovy washed, boned, and trimmed, sprinkle very finely shred olives over them Anchovy butter is two parts butter and one of anchovy paste

**Caviare Canapés** — Slices of bread a quarter of an inch thick cut into

round disks, fry them pale brown in butter. Chop a large handful of washed and dried (in a cloth) water-cress leaves very fine, when they are almost as fine as pulp, mix with them an equal amount of butter, when well blended, spread each canapé with it and spread a layer of caviare on the top.

Another way —Put into a small saucepan half of a small can of Russian caviare, with two table-spoonfuls of thick cream place over the fire, and stir carefully for two minutes. Butter each slice slightly spread the hot caviare over, and sprinkle over the caviare the yolk of a hard-boiled egg chopped very fine. Serve in a flat crystal dish garnished with water-cress.

**Celery Canapés** —Cut off the leaves and pare nicely one bunch of white celery, wash carefully each stalk, and put them in plenty of salted boiling water. Cook fifteen minutes drain and put in cold water, and then drain them well again. Place the celery stalks in a sautoir with one pint of consommé or of very good stock and one gill of Madeira wine and cook slowly with covered saucepan for twenty minutes. Arrange the celery on a hot platter and keep it warm in the oven while you finish the sauce. Mix half a table-spoonful of butter with one teaspoonful of flour, add to the hot sauce but do not boil, and pour over the celery.

**Egg Canapés** —Peel wash and dry the stems of six large fleshy mushrooms and chop them very fine. Put the mushrooms aside for the present. Put in a small saucepan half a table-spoonful of butter when melted add one teaspoonful of finely chopped shallots or green onions cook slowly for three minutes do not brown add the chopped mushroom-stems cook three minutes more stir well add one table-spoonful of parsley chopped fine cook two minutes more season with half a salt-spoonful of salt half a one of pepper, remove from the fire

add half a table-spoonful of very fresh butter, and mix well. Put these fine herbs in a bowl and break over them six fresh eggs, add one salt-spoonful of salt, half a one of pepper, and beat slightly for one minute only.

Put in a small saucepan half a table-spoonful of butter and the beaten eggs. Cook over a slow fire, stirring constantly with a wooden spoon for about four minutes, the eggs must become quite stiff. Remove from the fire, add half a table-spoonful of very fresh butter divided in small pieces to make it melt faster, as it must not cook. Mix well.

Have the mushrooms prepared to receive the scrambled eggs, as they must not wait. Peel, wash, and dry them put in a plate three table-spoonfuls of olive oil or melted butter, season with one salt-spoonful of salt and half a one of pepper. Roll the mushrooms in this. Broil them four minutes on each side over a moderate fire. Arrange the largest ones on very thin slices of warm bread, not toasted. Serve the eggs on these, and cover each with the smaller mushrooms. Serve at once, very hot.

**Fruit Canapés** —Fry split sponge-cakes in butter till golden brown on both sides. Spread slices of fruit on each piece. Make a thick sauce of the juice of the fruit by stirring in a little arrow-root when the sauce has been heated, then add the sauce to the bread. Any fruit or berries can be used.

**Ham Canapés** —Prepare the bread as usual. Pound the ham to a paste with a little cream or milk. Season to taste. A little Parmesan cheese can be sprinkled over each canapé.

**Sardine Canapés** —Cut bread into strips a little longer and wider than a sardine and fry to a golden brown in a little butter or good dripping. Take a sardine for each strip, divide it lengthwise, and lay half of each to one side. Rub the other halves fine with the yolks of two hard-boiled



eggs, a table-spoonful of butter, a teaspoonful of sharp pickle minced very fine a pinch of mustard, half a teaspoonful of chopped parsley, and the juice of half a lemon. Spread the fried bread with this mixture, lay half a sardine on top of each, put in the oven covered, and serve when thoroughly hot.

**Shrimp Canapés** — Fry some slices of bread, cut into disks, pound equal quantities of fresh butter and shrimps from which heads tails, and shells have been removed, till they form a smooth mass, spread the fried bread with it. Place whole shrimps on the top in the shape of a rosette, in the centre of which put a tiny pinch of chopped parsley.

**Petits Pains Farcis** — Procure some small fresh rolls, long in shape, cut them in two, lengthwise. Scoop

out most of the soft part. Mix well one teaspoonful of butter, one dessert-spoonful of potted ham, half a hard-boiled egg chopped fine, one radish sliced very thin. Add two leaves of white lettuce cut in small pieces, spread this garnishing on both sides of the rolls and close them. Serve on a napkin. The above quantity is for one roll only. These rolls are often served at garden-parties as they keep tender and are very appetizing.

**Petits Pains Friands** — Split a half dozen small, oblong milk-rolls almost half through, keeping the two parts together. Remove part of the inside, and fill with a very stiff mayonnaise to which have been added two table-spoonfuls of white, tender celery, chopped, and the same quantity of smoked tongue and olives. Close each roll and put in a folded napkin on each plate.

**Sandwiches of Fish**

See Fish, also Sandwiches

**Sangaree, Frozen** See Beverages

**Sardines** — The following recipes for cooking sardines will be found

under their respective headings as indicated.

Sardines, Fried

See Fish

Salad

with Curry

Canapés See Sandwiches

Sandwiches

## SAUCES

*Sweet Sauces for Puddings* will be found under Puddings.

*Sauces for Meats, etc* — The skill and knowledge of a cook is shown in nothing more assuredly than in the making and choosing of sauces. M. Soyer used to say that sauces are to cookery what grammar is to language and the gamut is to music. A sauce ought certainly to serve either as a relish or a finish to the meat which it accompanies, it ought too to be carefully made and attractively sent to table. With regard

to sauces in general, it should be remembered that hot sauces should be served very hot, that when sauces need to be kept hot they should not be kept boiling, but should be put into a vessel containing boiling water that eggs and acids should not be added to sauce until it has cooled for two minutes and after they have been added the sauce should be stirred without ceasing, and should not be allowed to boil, that cream should be boiled before it is mixed with boiling sauce and that the sauce should be stirred well after it

is put in. An enamelled saucepan is the best in which to make sauce.

Plain sauces should only taste of the materials from which they take their name. The imagination of many cooks is so incessantly on the hunt for a relish that they frequently overpower the natural flavor of plain sauces by overloading them with salt and spices, etc. On the contrary, in compound sauces the ingredients should be so nicely proportioned that no one will be predominant, so that, from the equal union of the combined flavors, such a fine mellow mixture may be produced whose very novelty cannot fail of being acceptable to the diner.

Roux is used to thicken sauces, soups, etc. To make it, put 1 oz. of butter into a saucepan over a slow fire and when it is dissolved add 1½ ozs of dried flour. Stir with a wooden spoon until it has acquired a light-brown color, this will take about ten minutes. Remove from the fire for two minutes to cool, add a pint and a half of stock, stir this till it boils up then draw the saucepan to the side of the fire, and let the sauce simmer till it is smooth and of a proper consistency.

If white roux is wanted proceed as above but be careful to remove the paste from the fire before it has acquired any color. White roux is used for white sauces.

**Allemand Sauce** — Put into a saucepan one pint of white stock with a little salt, six mushrooms a thin strip of lemon-peel, and a little parsley. Let it boil, then draw it to the side of the fire, and allow it to simmer slowly for half an hour or more. Thicken it with a little flour let it boil for a few minutes and strain. Add the beaten yolks of three eggs, and replace it on the fire. Stir it constantly and make it thoroughly hot but it must not boil up again or the sauce will be spoiled. When off the fire stir a little butter into it, and the juice of half a lemon.

**Anchovy Sauce for Beef** — Wash four anchovies, dry them well, remove the bones, and cut the flesh into small pieces. Sift some flour over these, and fry them in butter over a gentle fire for five or six minutes. Pour half a pint of broth over them, add salt and pepper if required, and an inch of cucumber cut into dice. Simmer the sauce, and before sending to table stir into it a teaspoonful of bruised capers. Time to simmer, twenty minutes.

**Apple Sauce**. — Pare, core, and slice a dozen apples, place them in a saucepan with just enough water to keep them from burning. Let them simmer, stirring frequently until they are reduced to pulp. Turn them into a bowl, and beat them well with one teaspoonful of sugar, the juice of a lemon, and a small piece of butter. Time, half an hour to simmer.

**Asparagus Sauce** — Cut the green ends from twenty-five stalks of asparagus and boil them in salt and water until they are tender. Drain well make a little melted butter, using stock instead of water putting with it a lump of sugar and the juice of a lemon. Fry the asparagus points in a little boiling butter, press them through a sieve add them to the melted butter, and let all boil up together. A few leaves of young spinach mixed in a mortar with pounded sugar will improve the color. Time to boil the asparagus ten minutes. To fry it six or seven.

**Béarnaise Sauce** — Five yolks of eggs 1 oz. of butter, a pinch of salt, stir on a slow fire. When the eggs begin to thicken, take away from the fire and add another ounce of butter. Let it warm again, and again add 1 oz. of butter some chopped parsley and fine herbs, and a teaspoonful of vinegar.

**Béarnaise Sauce** (Mlle. Françoise's) — Put in a stewpan a dozen

shallots, a seasoning bouquet a little muscade, and a teaspoonful of freshly ground pepper, the whole moistened with a glassful of vinegar. Boil down, and then strain through a sieve. Now take a small saucepan, and put in it a big lump of butter of the best quality, three yolks of very fresh eggs, add two table-spoonfuls of the liquid already prepared as above and put the whole over a very gentle fire, turn it briskly with a wooden spoon, until the sauce gets thick, and take it off the fire very sharply, before it turns oily.

**Béarnaise Sauce (Gouffe's)**—Five yolks of eggs, 1 oz. of butter, a pinch of salt, a pinch of pepper. Put the above in a pan, and turn it over the fire with a spoon. As soon as the yolks begin to set, take off the fire, and add another ounce of butter. Then stir again over the fire, and add another ounce of butter. Take off the fire and add yet another ounce. Then stir again over the fire. Now taste to see if the seasoning is sufficient, and add a teaspoonful of chopped tarragon and a teaspoonful of tarragon vinegar. The finest and purest Béarnaise has a dominant perfume of tarragon.

**Bechamel Sauce**—May be made of the remains of a cold roast fowl. Break up the bones, and put them into a saucepan with two or three bacon-bones, a small carrot, a small onion, a very small piece of mace, two peppercorns and a pinch of salt. Pour over the ingredients as much water as will entirely cover them, and simmer gently for two hours. Carefully remove the scum as it rises. Half an hour before the stock is taken from the fire stir into it a teaspoonful of gelatine which has been soaked for half an hour in two table-spoonfuls of water. Strain the stock into a bowl and when it is cold remove the fat from the surface. Put it into a saucepan, and simmer till it is reduced to about three-quarters of a pint. Mix with it an equal quantity

of boiling cream or milk slightly thickened with arrow-root, add salt to taste, and it will be ready for use. Time, three to four hours.

Another way—Take one quart of good white stock, put it into a stewpan with an onion, a few mushrooms, a sprig of thyme, parsley, a blade of mace, and a little salt, boil till it has extracted the flavor of the herbs and the stock is reduced to about half, then strain. Put one pint of thick or double cream into a stewpan, mix the reduced stock very gradually with it and stir all the time, until it thickens, over a slow fire. If the ordinary thin cream be used, mix a table-spoonful of arrow-root very smoothly into it, and simmer slowly five minutes before adding it to the stock. Time, about two hours.

**Bread Sauce**—Boil a small onion and a bay-leaf in a cupful of milk for fifteen minutes and then strain them out. Stir into the milk three table-spoonfuls of fine white bread-crumbs cook three minutes, add one table-spoonful of butter salt and white pepper to taste and a grate of a nutmeg and take from the fire. Put in a sauce-boat and strew over the top of the sauce a table-spoonful of crumbs fried brown.

**Brown Sauce**—Put two table-spoonfuls of butter into a saucepan at the back of the fire and add 1 sliced onion, one small carrot, half a turnip chopped fine and one bay-leaf. Cover the pan and let the contents steam for fifteen minutes. Then bring the pan over the fire stir in two table-spoonfuls of flour and keep stirring until the flour is well browned. Then gradually add two cupfuls of stock three cloves a blade of mace half a dozen peppercorns and some salt. Cover the pan and simmer twenty minutes, then strain, and the sauce is ready for serving. This sauce may be varied by adding wine lemon-juice or mushrooms thus making different sauces with the same foundation.

**Butter Sauce (Brown or Beurre Noir)** —Melt 6 ozs of butter in a stewpan over the fire until it becomes of a brown color, and then allow it to become cold. Take another stewpan, and put into it a cupful of vinegar with pepper, which reduce one-third by boiling. When the butter is cold, add it to the vinegar and pepper, stir all up well, and warm it over the fire, care being taken that it is not allowed to boil. If the butter is not cool before adding it to the vinegar it will spurt over the sides of the vessel.

**Caper Sauce** —Blend 2 ozs of butter with one table-spoonful of flour, and stir it into a saucepan containing the third part of a pint of boiling water, add equal quantities of shrimps and capers, pounded about two dessert-spoonfuls of each and boil for some minutes, remove the saucepan from the fire and stir in an ounce more of butter and two teaspoonfuls of whole capers

**Celery Sauce** —Cut the white part of two heads of celery into pieces about one inch and a half long. Put 2 ozs of butter into a saucepan and when it is melted throw in the celery cover closely and stew gently till it is quite tender. Mix in very smoothly a large table-spoonful of flour and when it has browned a little add a breakfast-cupful of good gravy, salt and a little nutmeg. Rub through a sieve heat and serve. Sufficient for one small fowl

**Celery Sauce (a quick way)** —If celery sauce is wanted in a hurry some good melted butter may be flavored with a few drops of the essence of celery, and a little cream or new milk and a pinch of powdered mace may be added. Time, ten minutes. Sufficient five drops on a piece of sugar to a pint

**Cranberry Sauce** —Pick the berries and put them in a kettle with just water enough to prevent burn-

ing, and stew until reduced to pulp, stirring all the time, and then add the clarified syrup, previously prepared, and stir a few minutes while boiling. The syrup is made by allowing a quart of water to 3 lbs of sugar, and the whipped whites of two or three eggs, all boiled and strained. Allow equal weights of fruit and sugar

**Cucumber Sauce** —Peel the cucumbers, cut them up into small dice, and sprinkle them well with salt. Let them remain thus one night, and in the morning put them into a colander to drain. Put the cucumbers thus prepared in a stone jar. To every quart allow one teacupful of white mustard-seed and a pod of fresh red pepper or half a teaspoonful of cayenne pepper. Then cover the cucumbers with strong vinegar, and stop it up closely. The jar should not be entirely full as it will swell a good deal. When the sauce is well matured which will be in a few weeks, it should be transferred into small, air-tight glass jars, about the size that is required to put on the table for use at one time. The addition of a few tiny tabasco peppers makes an attractive addition to this sauce

**Curry Sauce (for chicken or boiled rice)** —Blend two table-spoonfuls of butter in a saucepan with two table-spoonfuls of flour, a scant table-spoonful of curry powder, and a teaspoonful of onion-juice. Let these cook a few moments but do not allow them to brown. Gradually stir in one cup of milk and again cook them for a few moments before putting in one cup of cream. Season with salt, and just before serving add a hard-boiled egg chopped fine

**East India Sauce** —One quart very ripe currant-juice, one quart red raspberry-juice, 1 lb sulfana raisins seeded and halved, juice and grated rind of three oranges, cook the juices for twenty minutes counting from time it commences to boil then add 5 lbs of sugar and boil for



sauce very mild, use equal parts of bread-crumbs and the scraped root. Serve in a boat. Time, twenty minutes. Water may be used instead of the gravy.

**India Sauce (for fish)** — Make half a pint of white sauce, add a table-spoonful of curry powder and some pickles, chopped small, with a little of the vinegar.

**Lemon Sauce** — Put the thin rind of lemon and three table-spoonfuls of fine white sugar into a saucepan with half a pint of milk. Let these simmer gently for ten minutes, then add the juice of the lemon and 1 oz of butter rolled in flour. Stir until the butter is entirely dissolved, then strain and serve.

**Lobster Sauce** — Take the coral from the back and neck of a freshly boiled hen lobster. Put it in a mortar and pound it thoroughly with double the quantity of fresh butter and a little cayenne and press it through a hair-sieve. This is lobster butter. It ought to be of a bright red color. Pick out the white meat and tear it into flakes. A small quantity only will be required for the sauce; the rest may therefore be served up some other way. Mix 2 ozs of fresh butter with 1 oz of flour. Strain the half-pint of water or gravy upon it and stir all over the fire until the mixture thickens but it must not boil. Stir into the sauce as much lobster butter as will color it brightly; add about a table-spoonful of the white meat, and, if liked the juice of half a small lemon. Let it remain on the fire until the meat is quite hot. However if it be allowed to boil the color will be spoiled. A table-spoonful of cream is sometimes added. Time two or three minutes to heat the sauce.

**Maître d'Hôtel Sauce** — Melt 2 ozs of fresh butter in a small enamelled saucepan and stir to it by degrees two table-spoonfuls of flour, continue stirring for five or ten minutes until

the butter and flour are well blended, when add, also by degrees, a quarter of a pint of boiling cream and a quarter of a pint of good veal stock, also boiling, and stir well, allowing the sauce to simmer a minute or two between each addition. When perfectly smooth, put in the strained juice of a lemon, or, if preferred, a table-spoonful of chilli vinegar, a little pepper or cayenne, or a pinch of salt, and a table-spoonful of chopped parsley. The yolks of two eggs are a great improvement to this sauce, and are almost necessary when it is served with fish, but in that case only half the quantity of flour should be used, as the eggs help to thicken.

Another way — Take half a pint of milk thicken it with 1 oz of butter and a heaped teaspoonful of flour well worked together, and flavor with lemon-juice, pepper, and salt. Add a table-spoonful of scalded and chopped parsley. The parsley and lemon-juice should be added off the fire.

The simplest way is to beat till smooth over the fire 1 oz of butter and  $\frac{1}{2}$  oz of flour. Add a third of a pint of water, stir and boil, then add two table-spoonfuls of cream or milk. Take the pan off the fire, and add parsley, lemon-juice, pepper, and salt.

**Mayonnaise Sauce** — A mixture of egg yolks, oil, vinegar, or lemon-juice. The principal point to be attended to in preparing this sauce is the mode of mixing, which demands time, patience and nicety. Break the yolk of a fresh egg into a bowl with a salt-spoonful of pepper and salt mixed and a salt-spoonful of lemon-juice. Beat it till thick then add from time to time during the mixing two or three drops of the best salad oil until about 4 ozs have been used and the mixture is thick and yellow. When eight teaspoonfuls of oil have been used, stir in one teaspoonful of white-wine vinegar, and continue adding oil and vinegar in these proportions until all the oil is used. The yolk of one egg would



sauce Heat it to boiling-point and serve

**Orange Sauce** (for cold meat) — Rub the rind of two sweet oranges upon three or four lumps of sugar. Mix with them a wineglassful of port or claret, a quarter of a pint of dissolved red-currant jelly, a tea-spoonful of mixed mustard, a pinch of cayenne, and two table-spoonfuls of thin strips of orange-rind. This sauce, if bottled and corked, will keep for some time. Time, five or six minutes to dissolve the jelly.

**Oyster Sauce** — Put fifty oysters, with a small quantity of their liquor, in a saucepan, stew them very slowly, add 4 ozs of good butter rolled in flour, four blades of mace, and half a pint of sweet cream, beat up the yolk of one egg, and add just as the sauce is about to boil, stir one way until everything is well mixed. Prepare this sauce about twenty minutes before it is to be served, as it is very apt to curdle if kept a moment too long upon the fire.

**Pepper Sauce** — Cut up very fine three large heads of cabbage and six seeded pods of green pepper. Add a table-spoonful of celery seed, a tea-spoonful of allspice the same of mace, white mustard-seed and salt. Mix all well together, then cover with good cider vinegar, and put away in well-stopped glass bottles for use.

**Piquante Sauce** — Put in a saucepan half a table-spoonful of shallots, chopped fine, one table-spoonful of chopped pickles, half a table-spoonful of French capers and a gill of wine vinegar. Boil to reduce half, strain. Wash the saucepan and put in half a table-spoonful of butter one tea-spoonful of flour. Cook three minutes. Pour on slowly stirring constantly, two gills of good clear beef stock, add the strained sauce and boil gently fifteen minutes. Remove from the fire, add half a table-spoonful of

butter, one table-spoonful of finely sliced pickles, and a little chopped parsley. Pour the sauce in the centre of the platter, or it may be served separately. Serve very hot.

**Poulette Sauce**. — Take 3 ozs of fresh butter, cut from it a little piece the size of a nut, and melt the rest in a stewpan. Mix 3 ozs of flour smoothly with it, and stir the paste over the fire for three minutes, then add gradually a pint of boiling stock. Stir the sauce over the fire for a quarter of an hour. Draw it away for a minute that it may cool slightly, and mix with it the yolks of two eggs which have been beaten up with two table-spoonfuls of thick cream. Simmer the sauce again until it begins to thicken, but it must not boil. Add to it a table-spoonful of chopped parsley, a little pepper and salt, and a dozen mushroom buttons, and pour it into the tureen. Just before sending to table stir into it the little piece of butter which was reserved, then serve immediately. To prepare the mushrooms, remove the stalks and peel them. Put them into a stewpan with a table-spoonful of lemon juice and a table-spoonful of water. Shake them over the fire for a minute or two till they have absorbed the juice. Put 1 oz of butter with them and boil over a quick fire for five minutes. Turn them into a basin, cover them over and they are ready for the sauce. Time, altogether, half an hour.

**Pudding Sauces** See Puddings

**Rhubarb Sauce** — Cut the rhubarb in pieces about an inch in length. Wash them and put the fruit into an earthen pudding-dish. To one quart of cut rhubarb use one cup of granulated sugar, a small half-cup of water, and a little grated orange or lemon peel. Cover the dish with a plate, and bake in a slow oven from two and a half to three hours. The rhubarb should remain whole and the sauce be a fine color.



**Russian Sauce** (for cold meats) — Take two teaspoonfuls of mixed mustard, a salt-spoonful of salt, a teaspoonful of sugar, and four of grated horseradish. Mix these with sufficient vinegar to cover them.

**Sauces for Fish** See Fish

**Sauces for Puddings** See Puddings

**Shallot Sauce** — Peel half a dozen shallots and throw them into slightly salted boiling water, and let them boil for five minutes. Then drain them and boil them again in fresh boiling water repeating this until tender. A quarter of an hour in all will probably be sufficient. Then drain and mince them, and stir them into a pint of good melted butter. Let the mixture simmer a few minutes longer, and serve.

**Shrimp Sauce** — Put in enough boiling water to cover it a live lobster of 2 lbs. cook twenty minutes, remove cool off detach the coral, cut in small dice all the meat, crush the coral well with one pint of pickled shrimp pass through a colander and then a strainer. Make a paste of one table spoonful of very fresh butter and one of flour. Put in a small saucepan  $\frac{1}{4}$  lb of fresh butter, when melted, not boiling, add the flour and butter, stir well, and add the gravy from the fish and the shrimp paste season with one salt-spoonful of salt and one of white pepper and half a one of red pepper. Finish with half a teaspoonful of lemon-juice add the lobster and serve in a warm sauce-boat with the fish.

**Soubise Sauce** — Peel and slice eight large onions. Put in a stewpan with 2 ozs butter, pepper and salt, and cover the stewpan, and set on the hot plate for the onions to dissolve but not to color, when quite soft add 4 ozs flour, two freshly baked, mealy potatoes, one pint stock and one-half pint of cream. Stir

over the fire for fifteen minutes, pass through a tamis or sieve, and keep hot in a bain marie till wanted.

**Supreme Sauce** — Take half a pint of stock which has been made with veal and chicken bones. Thicken this with white thickening, and stir it until it is smooth and coats the spoon. Take equal portions of parsley, cress, and tarragon leaves. Put these into scalding water for two minutes, then drain and mince them finely. Stir a dessert-spoonful of the chopped herbs into the sauce and add salt and white pepper. Carefully add a dessert spoonful of strained lemon-juice to the sauce before serving.

Another way — Put the bones of a dressed chicken into a saucepan with in onion a small bunch of sweet herbs and a little pepper, salt and grated nutmeg. Pour upon them a pint of good veal stock and simmer this till it is strong and pleasantly flavored. Strain it thicken it with white roux, and boil it till the sauce coats the spoon. Pour it out, stir into it a little butter until dissolved, and add a flavoring of crushed almonds. This sauce is generally poured over the fish or meat with which it is served.

**Sweet Sauces for Puddings** See Puddings

**Tartar Sauce** — Put the yolk of an egg into a basin and beat it for a minute or two with a pinch of salt, a pinch of pepper, and a table-spoonful of dry mustard. Stir into this, first in drops and afterwards in teaspoonfuls four table-spoonfuls of salad oil and be careful to beat the sauce for a minute or two between every addition, as its excellence depends in a great measure upon this being done. After each six teaspoonfuls of oil put in a teaspoonful of vinegar. Wash and mince finely three shallots six small gherkins and a table-spoonful of mixed chervil and tarragon. Put these into the sauce with a pinch of cayenne. Mix thoroughly and serve.

If the sauce is not immediately wanted, it should be kept in a cool place. Time to mix the sauce, half an hour

**Tomato Sauce** —Half a peck of ripe tomatoes, peeled and drained through a colander for twenty-four hours, then chopped up fine, add to them one small teacupful of salt, one cupful of sugar, one cupful of white mustard-seed, one cupful of nasturtium seed, four table-spoonfuls of horseradish, two dozen stalks of celery chopped up fine or  $\frac{1}{2}$  oz of celery seed two table-spoonfuls of ground black pepper, one quart of good vinegar—it must not be boiled, stir well and bottle for use. This sauce can be used as soon as made

**Tomato Sauce à la Française.**—Cut up a dozen medium-sized tomatoes and put them into a saucepan with four or five sliced onions, a little parsley and thyme one clove, and  $\frac{1}{4}$  lb of good butter. Set on the fire, where it may cook gently for three-quarters of an hour. Strain through a hair sieve and serve

**Velouté Sauce** (in small quantities) —Cut up the remains of a roast fowl and take one or two bacon-bones or a couple of ounces of lean ham. Butter a saucepan put in the bones etc with  $\frac{1}{4}$  lb of veal and add a small carrot a small onion, one or two peppercorns, and a little salt and grated nutmeg. Pour over the ingredients as much water as will cover them, and let them simmer very gently till the liquor is strong and good. Strain it, skim well, and free it entirely from fat. Boil it quickly for a short time thicken with a small spoonful of white thickening, let it simmer by the side of the fire till it has thrown up its grease, and it will be ready for use. A spoonful of gelatine may be used instead of the veal if liked. Time, two hours to simmer the sauce

**Venison Sauce** (also used for mutton) —Stir together one table-spoon-

ful of butter with a teaspoonful of mustard and three table-spoonfuls of currant jelly. When these are well blended, add three table-spoonfuls of vinegar, some grated nutmeg, and a dash of cayenne pepper. Place the sauce over the fire, and when it comes to the boiling-point add three table-spoonfuls of chopped pickles and serve at once

**Verte Sauce.** —Start an ordinary mayonnaise. The yolk of a very fresh egg two gills of good olive oil poured drop by drop, stirring all the time with a wooden spoon always in the same direction, and not too fast. Add half a teaspoonful of salt and a good pinch of pepper. Then add the following fine herbs half a table-spoonful of chopped parsley and watercress a teaspoonful of shallots. These fine herbs must be chopped very fine and put through a fine strainer. To finish the sauce pour drop by drop, stirring meanwhile, half a table-spoonful of tarragon vinegar. The sauce must have the consistency of butter. The olive oil must be at a moderate temperature. A fine sauce with celery is made in the same way, but instead of fine herbs put three table-spoonfuls of celery chopped exceedingly fine take the most tender part. This celery stirred into the mayonnaise makes a delicious relish for the fish, whether bass, salmon-trout, or other fish be used

**Vinaigrette, Sauce à la,** is composed of salad oil vinegar, finely chopped parsley and shallots, onions, or chives with pepper and salt to taste. It is suitable for every kind of cold meat and is admirable with cold salmon turbot, or indeed any sort of cold fish. Hard-boiled eggs are also extremely good with sauce à la vinaigrette so are many kinds of cold vegetables, and especially asparagus, in fact, this is quite as often eaten cold as hot in Paris, and always à la vinaigrette. When used with cold meat and particularly with calf's head, the addition of a few

capers to the sauce is an improvement and with cold roast meat a gherkin cut up fine is excellent. Rub up the salt and pepper with a little vinegar then add as much oil as you please with chopped parsley, shallots, herbs, or capers according to convenience or taste.

**White Sauce** — Two table-spoonfuls of butter two heaping table-spoonfuls of flour one pint of milk (or cream),

one half table-spoonful of salt, one-half salt-spoonful of pepper. Cook the butter until it bubbles, then add the flour and cook thoroughly. Thus the flour sacs are burst open by the great heat and made digestible. Take from the fire, but let it simmer, and add the milk in thirds being careful to rub the sauce as it thickens into a smooth paste each time before adding more milk. The seasoning should be put in last.

### Sauerkraut

See Cabbage, under Vegetables

**Sausages** — The following recipes for cooking sausages will be found under their respective headings as indicated.

**Sausages of Mutton** See Mutton  
**Fried** See Pork

**Sausages** — To have them good only the very best pieces of meat should be used. Many think anything will do but the best quality of sausage requires the best quality of meat. To 25 lbs. of finely cut meat add one gill of black pepper, two-thirds of a gill of red pepper, a scant half-pint of fine table salt. Mix all well together. If desired a small quantity of thyme and summer savory finely cut can be added. A little brown sugar is said to prevent sausage-meat from becoming strong. Sausage is frequently used for stuffing. Mince finely mix with one third the weight in bread-crumbs and bind with the yolk of an egg.

**Sausages, Baked** — As sausages and especially pork sausages, need to be thoroughly cooked to be wholesome it is a good plan, when there is time, to bake instead of frying them. Put them in a dripping tin in a single layer placing a little fat in the dish with them, and bake in a moderately heated oven. When they are brown upon one side, turn them upon the other, if they are freshly made they

will not need to be pricked. They should be baked very gently. When done enough lift them out, drain them and serve very hot with brown sauce. Time to bake, one hour and a half.

**Sausages, Boiled.** — Put the sausages into boiling water, let them boil up once, then draw the saucepan to the side, and let the sausages simmer gently until done enough. Drain them and serve upon toast. Time to boil the sausages ten to fifteen minutes according to size.

**Sausages with White Wine** — Prick with a fork 1 lb. of sausages put them in an oval copper platter with half a tumblerful of ordinary dry white wine. Cook them slowly for eight minutes, turning them around, remove to plate and keep warm in the oven. Strain the wine, put in a small saucepan half a table-spoonful of butter and half a one of flour. Cook three minutes stirring, do not let it brown. Add the white wine slowly, stirring all the time. Add half a pint of good cream slowly keep stirring. Add one salt-spoonful of salt, half a one of white pepper cook five minutes slowly. Remove from the fire mix two yolks of eggs with two table-spoonfuls of cream, and add the mixture to the sauce. Mix well. Serve in a small, round bowl, with the sausages around it.

Savory Beefsteak.

See Beef

## Savory Sandwiches

Scallops

Scones

Scotch Broth

Scotch Cakes

Scotch Haggis

Scotch Hotchpotch

Scotch Scones

Scrambled Eggs

Scrapple

See Sandwiches

See Fish

See Bread

See Soups

See Cakes

See Mutton

See Soups

See Bread

See Eggs

See Pork

**Seasoning of Herbs for Soup, etc —**  
Two ounces of thyme, 2 ozs of parsley,  
1 oz of celery salt and 1 oz of thin  
lemon-rind Green herbs, however, are  
preferable See Bouquet for Soups

**Seasonings, Every-day —** The in-  
gredients used for the following sea-  
sonings should be powdered separate-  
ly then mixed together, preserved in  
dry bottles well stoppered and stored  
in a cool, dry place They may be  
prepared during an hour of leisure  
and will be found most convenient for  
flavoring purposes

**Spice, Mixed, for Flavoring Sau-  
sages —** Five pounds of black pepper,  
2½ lbs of ginger 1 lb of nutmeg 1 lb  
of cloves, ½ lb of aniseed, and ½ lb  
of coriander seed

**Spice, Mixed, for Flavoring Soups  
and Gravies —** Take 2 lbs of black  
pepper, 1 lb of ginger, ½ lb of grated  
nutmeg, ½ lb of allspice, ½ lb of  
cinnamon 1 oz of cloves, and 3 lbs  
of dry salt

**Spice for Ragouts —** Half a pound  
of mustard ½ lb of black pepper  
½ lb of grated lemon-rind 2 ozs  
of cayenne 1 oz. of ginger 1 oz of  
allspice ½ oz. of grated nutmeg  
and 1 lb of dry salt

**Spice, Sweet, for Flavoring Pastry**  
—Two ounces of cloves, 2 ozs of cin-  
namon, 2 ozs of mace, 2 ozs of nut-  
meg, and 2 ozs of sugar

Seed Cakes

See Cakes

**Semolina —** Put a cupful of sem-  
olina on the fire in enough boiling  
salted water to cover it Boil until  
it thickens—about twenty minutes—  
stirring occasionally Turn it out  
in a pan, and when cool enough to  
handle make into oval balls about the  
size of an egg Drop these gently  
into boiling milk, and simmer ten  
minutes, watch carefully to prevent  
scorching Take out with a split  
spoon, lay in a platter or pudding  
dish, thicken the milk with a little  
butter and flour and pour this around  
the balls Sprinkle them with dry,  
powdered cheese—Parmesan is best  
—set in the oven three minutes, and  
send to table Semolina can be pro-  
cured at the larger groceries A fine  
homony may be used in its place

Semolina Pudding See Puddings

**Shad.**—The following recipes for  
cooking shad will be found under  
their respective headings as indi-  
cated

Shad, Baked

Broiled

Planked

Shad-roe Croquettes  
en Brochettes

See Fish

Shallot Pickle.

See Pickles

Shallot Sauce

See Sauces

Sheep's-head.

See Fish

Shell-fish Soup

See Soups

Sherbets.

See Beverages

Sherbets, Frozen.

See Ices

Sherwood Biscuit.

See Bread

Short Bread.

See Cakes.



case of frilled writing-paper should be prepared, into which it may be quickly dropped when taken from the oven. The number of whites of eggs should generally exceed the number of yolks of eggs. Do not add the whites of the eggs until the last moment, and be careful that they are beaten separately to a very stiff froth, and then are stirred lightly into the soufflé. The success of the dish depends in a great measure upon this part of the business being done thoroughly. Butter the tin, already lined with oiled writing-paper, and put it in the oven till very hot. Pour in the batter quickly and place it in a moderate oven. The dish ought not to be more than half full. Move it about occasionally that it may be equally baked. When it has risen to a good height is brightly colored, and quite set in the centre, it is done enough, and should be served immediately. They are generally handed round after the removes of the second course. They are very good also for ordinary dinners.

**Almond Soufflé** — One pint milk, half a cupful of flour, two table-spoonfuls of butter, three table-spoonfuls of fine sugar four eggs (the whites and yolks beaten separately and very stiff) two table-spoonfuls of almonds, blanched and chopped or pounded fine. (Almond paste is even better for this purpose.) Cook together the butter and the flour, and when they are smoothly blended add the milk. Stir to a thick paste add the sugar and take from the fire. Beat in the yolks of the eggs the almonds and the whites. Turn into a buttered pudding-dish and bake fifteen minutes in a good oven. Serve as soon as it is done, before it falls.

**Apple Soufflé** — Peel and slice six apples put them in a pan add a cupful of water and a cupful of sugar, and let the apples cook until they become soft enough to pass through a sieve. Dissolve a small teaspoonful of corn-starch in a glassful of milk,

set it over the fire, and when it becomes thick add the well-beaten yolks of four eggs to it. Remove from the fire, stir into it the apple pulp, and beat until it is thoroughly smooth, then stir in the whites of four eggs beaten to a stiff froth. Pour into a soufflé-tin and put into the oven at once. In fifteen minutes it will be cooked.

**Apple Soufflé, Frozen.** — Pare and slice a dozen fine pippins or other well-flavored tart apples, one by one. As you slice them throw at once into a saucepan of boiling water drawn to the front of the range. This is to keep them from darkening after they are pared. As soon as all are in, pour off most of the water, leaving just enough to cover the fruit well, and stew fast, stirring often, until the apples are broken to pieces. Rub through a colander into a bowl, sweeten lavishly, and set aside until cold. Stir into it then the unbeaten whites of four raw eggs, put into a freezer with a quick movement, surround with rock-salt and ice, and turn rapidly until frozen. You will now have a smooth, solid column, singularly pleasant to the taste and in appearance undistinguishable from ice-cream. Like all other ices this is better for being left in the freezer for an hour or so after it is frozen. Cover with ice and salt and throw a thick cover over it.

**Apricot Soufflé.** — Split, peel, and stone a dozen ripe apricots, put them into a preserving-pan, with half a pint of water and  $\frac{1}{2}$  lb of sifted sugar. Keep them simmering gently, until the apricots can be pulped and beaten through a fine sieve then mix together 4 ozs of flour and half a pint of cream, add it to the pulped apricots, with 2 ozs of butter, and stir over the fire until it boils. Take the mixture off the fire and stir in six beaten yolks of eggs, and lastly and lightly nine whites whisked to a firm froth. Have ready a soufflé-dish, with a band of paper above to allow of its

using a gratin dish, which it will do if the above instructions are carefully carried out. Bake in a moderate heat and turn the dish about, that all parts of the soufflé may be done. Time, three-quarters of an hour.

**Cheese Soufflé** — Cook, together in a saucepan, 1 table-spoonful of flour and one of butter, then add 1 half-cupful of milk, stirring all the time until smooth and thick. Now add four table-spoonfuls of grated Parmesan cheese and a good pinch each of pepper and salt. Remove from the fire and stir into the mixture the well-beaten yolks of three eggs and beat of all and lightly, the whites whipped very stiff. Turn into a greased baking-dish and bake until it is puffed up to twice its original size and is a bright brown in color.

**Chicken Soufflé** — One pint of cooked chicken finely chopped, one pint of cream sauce, four eggs, a little onion-juice salt pepper. Stir the chicken and seasoning into the boiling sauce. Cook two minutes. Add the yolks of the eggs well beaten and set away to cool. When cold add the whites, beaten to a stiff froth. Turn into a buttered dish and bake half an hour. Serve with cream sauce.

**Chocolate Soufflé** — 1  $\frac{1}{4}$  lb of grated chocolate delicately flavored with vanilla,  $\frac{1}{4}$  lb of almonds blanchéd and pounded, 6 ozs of sifted sugar and the yolks of eight eggs must be stirred together for a half-hour, then after whisking the same number of whites to a stiff froth stir them gently in with the rest of the ingredients. Butter a mould well, strew it with bread-crumbs, put in the batter, and bake it an hour in a regularly heated oven.

**Fish Soufflé** — Cook a sea-bass weighing 3 lbs in a court-bouillon made as follows. Into the fish-kettle put two quarts of water, two sliced onions, one sliced carrot, four

sprigs of parsley, one bunch of celery, one bay leaf, two cloves, four whole peppers one-half table-spoonful of salt and two gills of vinegar. Cook twenty minutes. Add the fish, which has been previously washed and dried in a napkin and cook for twenty minutes longer over a moderate fire. Remove the fish, pick out all skin and bones, and pass the meat through a sieve. Put into a saucepan one-half table-spoonful each of butter and flour stir and cook for about four minutes. Add slowly, stirring constantly one-half pint of rich cream seasoned with one teaspoonful of salt and two pinches of pepper. Cook three minutes, then add the fish mixing thoroughly. Cool the mixture in a bowl before adding the yolks of six eggs mix well add the six whites well beaten, and mix gently. Butter slightly a plain mould, pour in the puree and put into a hot oven for fifteen minutes. If preferred this soufflé may be served in small, individual timbales. Butter the timbales and spread with very fine bread-crumbs. When cooked, serve at once turned out on a platter on a folded napkin. Any other fish may be used.

**French Soufflé** — Put a piece of butter the size of a small egg, and stir it over the fire in a clean saucepan, with two table-spoonfuls of flour. When thick (it must not brown), have ready half a pint of boiling milk and two table-spoonfuls of cream and stir the whole together. Pour it out into a bowl when smooth and thick, and flavor with maraschino or to taste. Beat up the yolks of five eggs, with 2 ozs of pounded sugar, add them, with the whites of eight eggs beaten to a stiff froth, and bake carefully in a soufflé-dish. Time, about one hour.

**Lemon Soufflé** — Mix  $\frac{1}{4}$  lb of flour very smoothly with a pint and a half of milk add  $\frac{1}{4}$  lb of sugar which has been well rubbed upon the rind of three fresh lemons, and  $\frac{1}{4}$  lb of

butter, and boil gently until the mixture is thick and smooth. Pour it out, and stir it until it is nearly cold, then add the yolks of six eggs, well beaten. Last of all beat the whites of nine eggs to a firm froth, and add them, with the strained juice of two lemons, to the rest. Butter a soufflé-mould thickly, half fill it with the mixture, and bake in a moderate oven. If it is necessary to fill the mould more than half full, tie a band of well-buttered white paper round the top, to prevent the contents running over. Serve the moment it comes out of the oven. Time to bake, from thirty to forty minutes.

**Lobster Soufflé (cold)** — Take  $\frac{1}{4}$  lb of cold boiled lobster and a table-spoonful of lobster coral mix and rub through a sieve, add a table-spoonful each of thick cream and mayonnaise dressing a dash of cayenne, half a teaspoonful of lemon-juice, and a gill of melted aspic jelly. Set on ice until the mixture begins to thicken, add two table-spoonfuls of mayonnaise a table-spoonful of chopped shrimp and a teaspoonful of minced parsley. Beat the mixture until cold fill little paper or china cases with it, and set on ice until firm. Garnish the tops with chopped hard-boiled egg and serve.

**Omelet Soufflé** — Separate the whites from the yolks of six eggs taking care to remove the specks. Add to the yolks two table-spoonfuls of pulverized sugar and a little lemon-juice beating them well together. Whip the whites until they stand alone, when they must be mixed with the rest. Put a small piece of butter into the frying-pan let it melt upon a slow fire then add the omelet taking great care that it does not burn turn it out upon a dessert-dish glaze by strewing powdered sugar over it then put it into the oven, when it has risen glaze it again and serve it. This is considered one of the most delicious of all desserts by connoisseurs. The French frequently

flavor with orange-flower water instead of lemon.

**Orange Soufflé** — Two sweet oranges, juice and pulp, half a table-spoonful of orange extract two large or three small eggs (beaten separately), three heaping table-spoonfuls of powdered sugar, one teaspoonful of caramel, one level salt spoonful of salt. Beat the two table-spoonfuls of sugar gradually with the whites with a Dover egg-beater. Into the well-beaten yolks put one table-spoonful of sugar and half a teaspoonful of orange extract and salt. Put two teaspoonfuls of butter into the custard pan, rubbing the sides thoroughly. Reserve one-third white of egg, and put the rest in with yolks, folding and cutting in. Put over the flame while you spread the mixture in the pan then set over hot water, cover closely and cook fifteen or seventeen minutes. Do not uncover. If the water dries out of the pan, add more carefully. When the mixture is set, sprinkle the orange pulp over the top with a spoon, and add the rest of the beaten whites as a border around the edge. When that is set lift up carefully from side of dish, and pour under the rest of the juice in which the caramel has been stirred. Serve from dish or turn out upon platter.

**Oyster Soufflé** — Put 2 ozs. of butter into a saucepan, and set over the fire to melt add a table-spoonful of sifted flour, stir until smooth, thin with a gill and a half of cream and the liquor from a dozen oysters let come to a boil take from the fire and season with salt, cayenne and a teaspoonful each of anchovy essence and lemon-juice. Have a dozen oysters cut in pieces (not chopped) and add with the yolks of two eggs mix well and carefully beat in the frothed whites of two eggs. Turn into a soufflé-case cover the top with grated cracker and bits of butter, bake in a hot oven for twenty minutes. When done, sprinkle the top with lobster coral and cayenne.



**Pineapple Soufflé, Frozen.** — Peel and chop into bits one large or two small pineapples fully ripe. Lay the pulp in a deep dish and sprinkle each layer with sugar then set aside for several hours. Mash and strain the fruit pulp till you have one pint of pure juice. Put it and one pint of water in a double boiler, and add six eggs well beaten with 1 lb. of sugar. Cook all together to a soft custard then strain and beat briskly till cold. Freeze very rapidly and serve either plain or with sweet cream, flavored with a little of the juice of the fruit. In either case you will find the ice most delicious one and will be amply repaid for any trouble it entails. It is richer than sherbet and lighter than ice-cream.

**Potato Soufflé** (sometimes called potato omelet) — Stir into one cupful of cold mashed potato half a cupful of rich milk and whip until very smooth and light. Add three well-beaten eggs and pepper and salt to taste and beat again, hard and swiftly. Have ready in a frying-pan two table-spoonfuls of melted butter and turn the potato into this and cook as you would an omelet. When it is done turn into a very hot dish, and serve immediately.

**Raisin Soufflé** — Seed a cupful of raisins wash them carefully, and chop them coarsely. Pour upon them a table-spoonful of brandy or two table-spoonfuls of sherry. Let them stand in this for half an hour. Beat the whites of seven eggs to a stiff meringue with seven table-spoonfuls of powdered sugar. Stir in the raisins and liquor turn all into a buttered pudding-dish and bake in a steady oven for half an hour.

**Rice-and-apple Soufflé** — Pick over carefully  $\frac{1}{2}$  lb. of the whitest rice blanch it in boiling water drain it well and put it on to boil, with milk sufficient to cover it a small piece of stick cinnamon, a little grated lemon-peel and grated nut-

meg, let it boil until the milk is absorbed, or longer if needful, adding a little more milk. When it is ready to take up, remove the cinnamon, add sugar to make it not quite sweet enough rub the white of an egg around the sides and bottom of a glass bowl, when the rice is cool, turn it into the dish, heaping it up at the sides until it reaches the top of the bowl and is about an inch and a half thick at bottom and sides the white of the egg makes it adhere to the bowl and leaves a space for the marmalade. Egg the rice on the inside, pour in apple marmalade or a fresh sauce from green apples, sweetened, and flavored with lemon beat light the whites of three or four eggs drop them on the top, as you would on floating-island, a spoonful at a time sift flour-sugar on the top, and brown with a salamander or a hot shovel. It may be eaten with sauce or a custard.

**Salmon Soufflé** — Mix 2 ozs. each of butter and flour together in a small saucepan and set over the fire add a pint and a half of rich milk, let come to a boil stir in the beaten yolks of three eggs, with pepper, salt a dash of cayenne and a teaspoonful of tarragon vinegar. Take from the fire, and mix in carefully  $3\frac{1}{2}$  ozs. of cold boiled (or canned) salmon, which has been picked free of bone and skin and rubbed to a paste with the stiffly beaten whites of the eggs. Turn the soufflé into a greased tin or soufflé-case dredge the top with grated bread-crumbs lay over bits of butter, and set into the oven to bake for thirty minutes.

**Soufflé Pudding** — Melt 1 oz. of butter in a stewpan, stir in  $\frac{1}{4}$  oz. of flour and 1 oz. of sifted sugar, mix well together, add a gill of milk and stir over the fire with a wooden spoon until it boils and is thick. Take the stewpan off the fire, beat up the yolks of three eggs with half a teaspoonful of extract of vanilla, and stir a little at a time into the paste.



skimmed every day in summer and every other day in winter. The pan and the lid used in making it should be scrupulously clean. Granite-ware is the best. When ready stock should be poured into in earthenware pan and left uncovered until it is cold. It should on no account be allowed to cool in a metal pan. Before being used every particle of fat which has settled on the surface should be removed and the liquor should be poured off free from sediment. In a house where meat is regularly used a good cook will never be without a little stock. Broken remnants of all kinds will find their way to the stock pot, and will not be thrown away until by gentle stewing they have been made to yield to the utmost whatever of flavor and of goodness they possessed. The liquor in which fresh meat has been boiled should always be used as stock. Frequently there is immediate need of stock and none on hand. The following recipes will be welcome.

**Soup Stock quickly made**—Take 1½ lbs. of beef cut into thin slices and diced. Cover with one quart of cold water, boil twenty minutes, take from the fire, then skim and strain.

Another way.—Take an onion peel it split it in halves and stick two cloves into it. put it into a saucepan with a pint and a half of water, a bunch of fresh green parsley leaves, a teaspoonful of gelatine and a little salt and cayenne. A stick or two of celery or a few celery seeds or a very small pinch of dried tarragon may be added if they are at hand as they will greatly assist the flavor of the stock. Boil the liquor till the gelatine is dissolved strain it into a bowl and press the onion and parsley so as to get as much of the goodness out of them as possible. If the gelatine was good the stock will be bright and clear. Stir into it until dissolved a teaspoonful of extract of meat, and it will be ready for use. It may be served as it is as clear soup or a little macaroni or vermicelli may be added to it,

though they should be boiled separately or the soup will not be clear—or a few vegetables cut is for Julienne soup may be put in.

Extract of beef dissolved in water will frequently answer as a substitute for stock.

**Brown Stock** is made from beef alone or in combination with other meats.

**White Stock** is made from veal alone, or veal and chicken.

**Fish Stock** is made from the bones, head and trimmings—or remnants—of fish.

**Cream Soups** are generally made without meat of milk or cream combined with vegetables mashed, and strained to a puree.

If soup is to be clarified, take the white of an egg and the crushed shell put it in the soup while cold and then let it boil for five minutes. Then strain through a cloth. In high-grade cooking minced raw beef or chicken is added during the last hour of boiling to clarify soup.

If the brown soup is wanted of a deep color brown the vegetables and a part of the meat before putting into the pot or a little caramel (burned sugar) may be added. If the soup is to be thickened use white or brown roux, according to the color of the soup.

**Amber Soup**—Proceed as for bouillon but a soup-bone a chicken and a slice of ham is to be added the first day. Before serving put in a large table spoonful of caramel to color.

**Apricot Soup, or Bouillon**—Open, crack the stones and take out the kernels. Place the fruit with the kernels over a clear fire, and allow them to simmer constantly stirring until reduced to a jam. Place a colander over your soup-tureen, and with the aid of a silver spoon, work the pulp through until nothing remains but the skins of the fruit. If a large tureen half fill with undiluted red wine, adding enough sugar to sweeten, and some crushed cinna-



ful of salt and let it simmer gently for a quarter of an hour then pour the tea from the beef but do not strain it and serve with dry toast or rice boiled lightly, is for curry. Beef tea should *not* be too clear, a portion of the fibre is very advantageous and nutritive.

**Black Bean Soup** — Soak overnight in two quarts of water one pint of black beans. In the morning drain off the water and add three quarts of boiling water, a small piece of lemon and a bunch of herbs a slice of turnip and a carrot. Put in the tureen one lemon, sliced thin two hard-boiled eggs cut into slices and one gill of sherry wine. Season the soup with pepper and salt and strain through a coarse sieve. Lentils may be substituted for the beans.

**Bonne Femme Soup** — When the broth is either poor in flavor or meat or not transparent very good soup can be made by adding yolks of eggs stirred up in milk and mixed carefully with the broth. Shreds of lettuce or of sorrel are added or of asparagus tips or French beans. The egg mixture should not be added till the soup is poured into the tureen or, if added to the soup in the saucepan it must be very carefully stirred and not allowed to boil otherwise it will curdle.

**Bouillon** — Three pounds of minced fresh beef without bones in three quarts of cold water let it come to a boil and then simmer for five hours, when a small onion half a carrot a little parsley and celery a bay leaf, three cloves are to be added. Strain through a sieve into an earthen bowl and the next day take off the fat bring the stock to a boil and let it simmer fifteen minutes adding salt and pepper. Then clarify with  $\frac{3}{4}$  lb of fresh beef minced, and strain through a cloth. Serve in cups.

**Bread Soup, or Potage Croûtes au pot** — Cut slices of roll about the

size of a half-dollar fry in butter, a golden color, drain, then moisten them with a little stock which has been boiled nearly to glaze. Let the crusts absorb this and then begin to dry. Place them in the soup tureen and pour over a good clear soup. It must be sent to table without delay, or the crusts will dissolve and break into bits when taken out.

**Broths** — See recipes in this division for Beef Broth French Vegetable Broth Mutton Broth, Scotch Broth, Brown Soubise Broth, also Clam Broth in the division on Fish.

**Brown Soubise Broth** — Peel and slice four medium sized onions and put them in a saucepan with two table spoonful of butter or sweet dripping. Cover them and let the onions cook slowly for an hour. Then pour in slowly three pints of hot meat or vegetable stock. The water in which cauliflower has been boiled is excellent for this. Add four good-sized slices of stale bread and salt and pepper to taste cover again and let all cook together very slowly for an hour longer. Take from the fire and rub through a colander. If too thin boil the broth down to the consistency of an ordinary cream soup, if too thick it may be thinned with a little hot milk.

**Cabbage Soup** — Cut up the largest leaves and put them into a saucepan with any scraps of bones of fresh beef a few slices of carrot an onion cut small and let all boil for several hours strain off the liquor let it cool and take off the fat. Cut up the remainder of the cabbage let the liquor boil up throw in the cabbage boil for twenty minutes or so, put croûtons in the tureen and pour the boiling soup over them.

**Calf's-foot Consommé** — Boil two calf's feet  $\frac{3}{4}$  lb of veal, a little nutmeg a few blades of mace, and salt to taste in three quarts of water till it is reduced to three pints, strain.

take off the fat, and place on the ice to cool

**Calf's-head Soup** — Thoroughly clean half a calf's head with the skin on, and set it to stew in three quarts of cold water, to which add an onion stuck with twelve cloves and a bunch of soup herbs, skim well, and let boil slowly for two hours, then take out the head and cut it into square pieces. Strain the soup through a sieve, thicken it with a little flour mixed with a table-spoonful of catsup or sauce, add salt to taste, and let the soup boil up, then return the meat and let it simmer for twenty minutes, just before serving add the strained juice of a lemon. Have some force-meat balls, hot, laid at the bottom of the tureen, and pour the soup over them.

**Note** — A calf's head can be plain boiled in the quantity of water and served in the usual mode saving the liquor, to which add the head bones when removed from table, the soup can be used on the following day, pieces of the cold head being added.

**Canned Roast-beef Soup** — Empty the contents of a can into your soup-pot and put about two quarts of water (to a 2-lb can of beef) either cold or hot. Peel and slice an onion and add salt and let boil from one to two hours strain through a colander, and let it stand long enough to skim off the fat. While it is standing, chop the beef — the best part of it say about a cupful — fine, put a table-spoonful of butter in the kettle add an onion and about two table-spoonfuls of flour and let the flour brown in the butter then pepper and salt add a spoonful of Worcestershire sauce pour in the soup and add the chopped beef and let boil up, and you have a good soup.

**Carrot Purée**. — Select six good-sized carrots peel and slice them, and put them with a minced onion in a saucepan with two table-spoonfuls of dripping — bacon dripping, if you

have it. Should dripping be lacking, butter may be used. Cover and cook slowly for an hour, until soft. Pour in then slowly three pints of weak stock, hot, salt and pepper to taste, and boil for fifteen minutes. Put through the colander, and serve very hot. Croûtons should also be served with this.

**Celery Soup** — Cut the white part of celery into pieces about an inch long, and put them into a saucepan with a pint of good white stock, 2 ozs of butter,  $\frac{1}{4}$  lb of lean ham, and a lump of sugar. Let them boil for a quarter of an hour, put in with them three pints more of stock, a little salt, and a blade of mace. Stew gently for an hour, then press the soup through a coarse sieve. Heat it again pour it into a tureen, add a pint of boiling cream, and serve immediately with toasted sippets. If liked, this soup may be thickened with a little flour.

**Cherry Soup or Bouillon**. — Get some freshly plucked, not over-ripe cherries wipe them perfectly dry, pick off the stalks and take out the stones crack these carefully, so as, if possible, to preserve the kernels whole. Put the fruit and kernels into a stewpan — a small bell-metal preserving-kettle is best — with red wine and water, half and half. Add some very finely pared lemon-rind, and stew the whole gently until the fruit is entirely melted. Boil in the soup a small stick of cinnamon, and sweeten it to taste. Pass it through a colander. Put it back in the stewpan, and add to it some fried croûtons.

**Chestnuts, Cream of** — Have 3 lbs of French chestnuts, make a small incision in each. Put them over a brisk fire in a frying-pan, toss them all the time during six minutes while hot remove both shells and skins put them in a covered saucepan with two quarts of good broth, and boil them forty minutes. Remove from the saucepan, cut one

part of the chicken in small pieces, and set aside for future use. Pass the remaining one through a strainer, pouring in some of the broth to help the strainer. Put back the puree in a clean soup-cup, add to it two quarts of good chicken consommé, one teaspoonful of salt, one tablespoonful of pepper and simmer for ten minutes. Add one pint of good rich cream and five minutes more and remove from the fire. Add two table-spoonful of fresh butter and the square piece of chestnuts. Stir gently and serve hot in cups.

**Chicken Gumbo**—Fry and fry a chicken brown after the usual manner (though it need not be a young fowl). Fry two slices of breakfast bacon or salt pork into the grease of which stir a table-spoonful of sifted flour, have a quart of okra and two medium-sized onions cut rather fine. Fry this in the bacon grease until the okra is in the to rope (do not let scorch). Then turn all—chicken, gravy, okra, onion and bacon—into a porcelain-lined or granite soup-pot. Add three quarts of hot water. Cook slowly two hours. Stir well from the bottom occasionally. A green pepper added gives a nice flavor, some also add green corn and tomatoes. Serve with dry boiled rice. It is a dinner in itself. Okra is found in most markets. See also Gumbo Filé Soup.

**Chicken Soup, Delicate**—Pluck and wash thoroughly two or three young chickens and put them in a stew-pot with five pints of good white nicely flavored stock, thoroughly freed from fat and cleared from sediment. A sliced turnip and carrot may be put with them, and removed before the soup is thickened. Let them simmer gently for nearly an hour. Remove all the white flesh, and return the rest of the meat to the soup and simmer once more for a couple of hours. Pour a little of the boiling liquid over  $\frac{1}{4}$  lb. of the crumb of bread and when it is well soaked drain it, put it in a mortar with the

flesh which has been taken from the bones, and pound it to a smooth paste, adding, by degrees, the liquid. Flavor with salt, cayenne, and a very little pounded mace, press the mixture through a sieve and boil once more, adding one pint of boiling cream. If the soup should not be sufficiently thick, a table-spoonful of arrow root which has been mixed in a little cold milk.

Another way—Cut a chicken into pieces and simmer it gently in a gallon of water until the meat is in raggs. Skim well, strain and return the broth to the pot. Add a cupful of rice and a table-spoonful of parsley. Let it simmer for another hour. Season with pepper and salt. Add a cupful of boiling cream just before serving.

**Chicken Soup à l'Espagnole**—Make a clear, strong chicken broth then add either rice or noodles and before removing from the fire add half a tea-spoonful of Spanish saffron. The saffron must be the real Spanish or the effect will not be the same in any way.

### Chowders

See Fish

**Clam Soup**—Wash the clams and put them into a saucepan with just sufficient boiling water to keep them from burning. Boil them for a few minutes and when the shells open and the juice runs out take the clams from the shells and chop them small. Strain the liquor, and stir into it the chopped clams. Season it with pepper, and thicken it with a little butter rolled in flour, and let it boil a quarter of an hour. Put little pieces of toasted bread in the tureen before pouring the soup into it. The flavor of the soup may be varied by the addition of onions or celery, or a little milk may be added, or the yolks of well-beaten eggs.

**Cock-a-leekie**—Boil a young fowl in two quarts of white stock until it is tender. Take it up and put it aside. Wash two bunches of fine leeks. Trim away the roots and part of the

heads, and cut them into one-inch lengths Put them into the broth, and add  $\frac{1}{2}$  lb of boiled rice and a little pepper and salt Boil half an hour Cut the fowl into neat joints, put it into the soup, boil up, and serve very hot The above is true cock-a-leekie soup The soup bearing this name is, however, as often served without the fowl as with it Time, one hour and a half

**Consommé, or Clear Soup** — The term "consommé" implies a soup, very highly flavored with the juices of meat and poultry, not highly colored but clear, bright, transparent The broth has been strained through a tamis, has been allowed to cool, the fat has been carefully removed, and it has been clarified by fresh meat or the white and shells of an egg, and has gone through the simmering process, straining, and cooling

**Consommé, or Extraordinary Soup** — Six quarts of water, 4 lbs of lean beef, two old hens, two carrots, two turnips two onions two leeks, one bunch of fine herbs Let it simmer slowly for eight hours, or till it is reduced to two quarts observing the same rule as to skimming and straining, and use for dainty appetites, with any of the garnishes for soups, such as quenelles etc

**Corn Soup** — To each quart of young corn cut from the cob allow three pints of water Boil until the grains are tender Take 2 ozs of sweet butter mixed smooth with one table-spoonful of flour stir the butter into the soup and let it boil ten or fifteen minutes longer Just before taking out of the pot beat up an egg and stir into it, with salt and pepper to your taste

**Crab Soup** — Take one quart of milk, and with it put a small onion grated and a little parsley chopped fine then add the meat of 4 crabs (about one cupful), and boil all to-

gether five minutes Cream one table-spoonful of flour and one of butter together, moistening with a little hot milk, and then add to the soup, with half a pint of cream, one teaspoonful of ground mace, the chopped yolks of two hard-boiled eggs, a little salt and cayenne pepper Let all boil for five minutes, and serve. Canned crabs may be used

**Crawfish Soup, or Potage Bisque.** — Take fifty crawfish (or one hundred prawns, if crawfish cannot be obtained) Remove the gut from the centre fin of the tail, or it will make the soup bitter Shell the fish and keep the tails whole Pound the shells with 4 ozs of fresh butter, the crumb of a French roll, and three anchovies, and put them in a stewpan with two quarts of fish stock, 4 ozs of washed rice a dessert-spoonful of salt, a teaspoonful of pepper and an onion stuck with three cloves Simmer for two hours Put the pounded meat but not the tails, into the soup, simmer again, then press the whole through a sieve Make the soup hot before serving it, but do not let it boil Five minutes before it is taken from the fire put in the tails whole Serve with croûtons A tumblerful of wine is an improvement to this soup

**Cream Soups** are usually made of the purées of fresh vegetables thickened with butter, cream, and yolks of raw eggs Vegetable stock is used for Lenten soups meat stock for many others See Purée, page 320

**Croûtons** — Bread cut into small dice and fried in clarified fat until brown and crisp They are to be added to the soup just before serving

**Eel Soup** — To 1 lb of eel allow a quart of water Cut up 2 lbs of eel and fry to a light brown in butter in the stewpan pour over two quarts of water, a crust of bread, a sliced onion with mace, pepper, and sweet herbs cover and simmer slowly till the eel will easily slip from the bone, take





fruit-juice, and when it becomes hot add three teaspoonfuls of arrow-root dissolved in a little cold water. Cook all until clear, then stir in a cupful of sugar, and as soon as the sugar is dissolved remove from the fire, add a table-spoonful of wine or brandy, and turn into a dish to cool. Serve in claret-glasses, with a few tiny pieces of ice in each. To be eaten with a spoon.

**Giblet Soup**—Take goose, duck, or chicken giblets. Clean them and cut the gizzard into small pieces about half an inch square, or it will not be tender until the rest is in rags. Put all into a stewpan with a slice of lean ham cut into dice, and a small piece of butter. Fry the giblets a few minutes then add to them two quarts of good stock, an onion stuck with five or six cloves, two or three sprigs of marjoram, thyme or parsley, a teaspoonful of salt, half a teaspoonful of pepper and half a drachm of bruised celery seeds tied in a muslin bag. Simmer gently for two hours, then take out the giblets and put them into a tureen. Strain the soup, and thicken it with 1 oz. of butter, mixed smoothly over the fire with a table-spoonful of flour until slightly browned but not burned and added gradually to the liquid. Let it boil for a quarter of an hour then return the giblets to it for a few minutes to get hot and serve with toasted sippets. Giblet soup is very good for ordinary domestic use. The giblets should be tender but not too much boiled. Before putting them into the tureen they should be all cut into small pieces.

**Gravy, Brown, Soup** (made from bones and trimmings)—Take the bones of dressed meat—beef is the best—which weighed before cooking about 12 lbs. Break them up into small pieces and put these into a saucepan with five quarts of cold water. Bring the liquid to a boil, skim carefully and simmer gently but continuously for six hours.

Strain through a sieve, and leave the soup until the next day. Remove the fat from the top, leave any sediment there may be at the bottom, and pour the soup gently into a clean saucepan, with two carrots, one turnip, three onions, all sliced, a head of celery, or half a drachm of pounded celery seed tied in muslin, a bundle of sweet herbs and eight peppercorns. Bring it to a boil, skim it carefully, and add a dessert-spoonful of salt which will assist the scum in rising. Draw it to the side of the fire and simmer gently for two hours. Strain it two or three times, and, to clear it, stir into it when hot the whites of two eggs whisked thoroughly and mixed with four teaspoonfuls of cold water, and afterwards with a little of the soup. Beat this into the soup over the fire, and keep whisking till it boils. Skim carefully till it is quite clear. Add three table-spoonfuls of extract of meat, and, if necessary, a little browning, but great care must be taken with this, or the flavor of the soup will be spoiled. This soup is wholesome, nourishing, and cheap. It is a good plan to brown a small quantity of meat—say  $\frac{1}{4}$  lb of beef and  $\frac{1}{4}$  lb of veal—draw out the juice with a little cold water and then simmer these with the bones. The soup will keep better if vegetables are not boiled in it until it is about to be used. It should be made the day before it is wanted for use.

**Green-pea Soup**—One onion, cut into halves, with a quart of pease in a saucepan, with hot water enough to cover them, and cook until the pease are soft. Remove the onion and press the pease through a colander. Boil in a saucepan one pint of chicken or veal stock, and add the mashed pease to it. Rub together two table-spoonfuls of butter and one of flour moisten with a little cold milk, and add it to the soup with one cup of milk and one of whipped cream or the whole mixture may be beaten with a whip just before turning into

the tureen. After adding the milk, season well with salt and pepper, and allow the soup to boil up once before serving.

**Green-pea and Tomato Purée with-out Meat** — Boil together in a quart of water a pint of peas and a half can of tomatoes with half an onion. When these vegetables are very soft, rub through a colander, and return them with the liquid in which they were boiled, to the fire. Rub together two tablespoonfuls of butter and one of flour and stir into the boiling soup until it thickens. Add a scant teaspoonful of sugar and pepper and salt to taste and serve.

**Gumbo Filé with Oysters** — Take a large fat chicken and a slice of ham, boil in two quarts of water and season to taste. Take the liquor of fifty oysters and pour it into the bouillon. When the chicken is cooked take it out of the soup, strain the soup through a colander and just before serving throw in the oysters and let them cook five minutes till they are plump. Take the soup pot from the fire and stir in an after-dinner coffee spoonful of the filé powder and serve immediately. Serve with boiled rice. The filé powder can be obtained from the prominent grocers.

**Italian Pastes, Soups with —** Macaroni is to be broken into even lengths of one to two inches, vermicelli is to be broken into even lengths of one and a half to three inches. Italian paste letters may be used as a variety. Allow a tablespoonful of vermicelli or macaroni to each guest or by weight  $\frac{1}{2}$  oz. to each plate of soup. Blanch in hot water and drain, then simmer in the stock. These pastes differ in the time they require to swell, and experience only can fix the time required for that purpose. Rice and semolina may be used in the same way. Tapioca in prize, delicate-flavored stock, boiled so as to dissolve, gives

a peculiarly nourishing soup, and is very wholesome and palatable.

**Jenny Lind Soup** — Take 2 ozs of pearl sago, half a pint of water, one quart of stock or veal broth, half a pint of cream and four yolks of eggs. The sago must be thoroughly washed and simmered in the water till it is transparent and tender. It is then to be mixed into the boiling stock or broth, and the cream. Lastly, the yolks are to be stirred in. The best way to produce a smooth soup is to stir the eggs one by one into a teacupful of the broth and then stir that into the soup. The cream may be omitted. The stock may be made without vegetables, if for an invalid.

**Julienne Soup** — Take three carrots, three turnips, the white part of a head of celery, three onions and three leeks. Wash and dry the vegetables and cut them into thin shreds which should be not more than one inch in length. Place the shreds in a stewpan with 2 ozs of butter and a small pinch of pounded sugar and stir them over a slow fire until slightly browned. Pour over them three quarts of clear stock and simmer gently for an hour, or until the vegetables are tender. Carefully remove the scum and grease and half an hour before the soup is done enough add two lumps of sugar with two pinches of salt and two pinches of pepper, if required, two cabbage lettuces, twelve leaves of sorrel, and twelve leaves of chervil, cut in the same way as the other vegetables after being immersed in boiling water for a minute. Boil half an hour longer, skim carefully and serve. Send bread fried in dice to table and serve as hot as possible. It must be remembered that quick boiling would thicken and spoil this soup which ought to be a clear brown. In summer time French beans, green peas and asparagus tops may be put in, but they must be boiled separately and added a few minutes before serving. Julienne vegetables already cut





lemon, thyme, marjoram, two bay-leaves, and stew gently, with good, careful skimming, three full hours, adding stock to keep up the required quantity of soup. Third, while the stock is boiling, cut from the head the skin and fat that adheres to it into nice sizable pieces, and cut the tongue into cubes of an inch square, the fleshy parts of the head into diamonds, dice, or any other shape. Make brun balls, or any other forcemeat, or egg-balls. Fourth, when the stock has been sufficiently boiled, strain it from the bones etc. (retaining only rich bits of meat), into a large, clean stewpan, add the skin, tongue, etc., and a seasoning of cayenne and mace, mushroom catsup, or any other seasoning that may be desirable. Thicken with 4 ozs of butter, kneaded in as much brown flour and simmer gently for an hour, if the calf's head, etc. require it, but twenty minutes before serving add half a pint of sherry and the brun or other balls. Fifth the best mode is to place the pieces of head etc., at the bottom of the tureen and strain the soup through a tammy cloth but if due care has been taken in the second stage of the preparation and the skimming has been constant and careful this need not be resorted to. Sixth serve with lemon on a plate as some persons like the soup a little acid. (For half a calf's head take half the ingredients.) This recipe is for four quarts.

**Mulligatawny with Chicken** — To make chicken mulligatawny without any other stock cut the fowl up in small pieces and fry these with a sliced onion in a table spoonful of butter in a stewpan. Take the chicken up and stir into the butter two teaspoonfuls of curry powder cook butter, curry paste and onions together for about five minutes then stir in two pints of warm water, add the pieces of chicken and if they are not covered add more water. Allow this mixture to come to a boil then simmer by the side of the fire very

gently for thirty minutes. During this time pound 2 lbs of sweet almonds in a mortar with a small cupful of milk and a pinch of sugar. Let it stand till required. When the chicken is quite tender stir in a dessert spoonful of chutney, a teaspoonful of red currant jelly, and a teaspoonful of lime juice. Simmer for five minutes, and then strain the whole off into a bowl. Pick out the best bits of chicken and put them on one side. Skim the surface of the liquor and when perfectly free from grease thicken it by adding a table spoonful of butter and one of flour, stirring it into the soup slowly. Strain in last of all through muslin, the almond milk. Coconut milk can be used instead of almond if preferred. Allow the soup to come to a boil, and then serve.

**Mulligatawny Soup, Vegetable.** — Take a few squash and middle sized cucumbers, pare, cut them lengthwise into slips empty their seeds and divide them again into dice. Pare and core four sour apples or tomatoes, and slice a couple of Spanish onions. These last fry slightly browning them in a large stewpan with  $\frac{1}{4}$  lb of good fresh butter. Throw in the other vegetables before the butter has acquired much color and stir them gently round. Shake the pan frequently and stew gently over a slow fire until half done when add from two to three large table-spoonfuls of good curry powder and stew the vegetables until they will pulp pouring in boiling veal stock enough to cover. Strain through a coarse hair sieve pressing the pulp with a wooden spoon. Add more stock or even water, if stock be not at hand according to the quantity of soup required, and any additional seasoning — salt, cayenne or lemon-juice. Thicken if necessary with a very little ground rice or arrow-root and serve with rice if liked, but it should be, if properly made quite thick enough without any addition. Time, two hours to prepare.



spoonful of ground rice or flour mixed smoothly with a small quantity of cold water. Time, about ten minutes to brown the onions.

**Onion Soup, Maigre** — Slice half a dozen medium-sized onions very finely. Put them into a stewpan over a gentle fire with 3 ozs of dissolved butter, dredge a little flour over them, and move them about until they are tender and lightly browned. Add two pints of boiling water, and a seasoning of salt, pepper, and grated nutmeg. Beat two eggs briskly for a minute or two, boil the soup, let it cool half a minute, then stir it in among the eggs, and serve immediately. Time, half an hour.

**Ox-tail Soup, Clear** — Cut a fine, fresh ox-tail into pieces an inch long, and divide the thick part into four. Wash these pieces, and throw them into boiling water for a quarter of an hour, then drain and wipe them with a soft cloth. Put them into a stewpan with two carrots, an onion stuck with three cloves, a sprig of parsley, a small piece of thyme, two or three sticks of celery, half a blade of mace, a teaspoonful of salt, six or eight peppercorns, and a quart of water or clear stock. Boil, remove the scum carefully as it rises, then draw the saucepan to the side of the fire, and simmer very gently until the meat is tender. Lift out the pieces of ox-tail, strain the soup, and, if it is not clear and bright, clarify it. Or, turn three carrots and two turnips into any small shapes that may be preferred, or into thin shreds an inch long, being careful only that they are all of the same size. Other vegetables may be used as well as turnips and carrots, such as French beans, green peas, asparagus, celery, or onions. Put these into a saucepan, pour the clarified stock over them, and simmer gently until the vegetables are tender. Heat the pieces of ox-tail, pour the soup upon them, and serve as hot as possible. Time, about three hours to simmer the ox-tail.

**Ox-tail Soup, Thick** — This soup is, of course, much better if made with stock instead of water. If no stock is at hand, fresh bones simmered gently with three quarts of water for six hours, and carefully skimmed, will make good stock, or, if preferred, it can be made from fresh meat. Take two fine ox-tails, wash them, cut them into pieces about an inch long, and divide the thick pieces into four. Put them into a stewpan with 2 ozs of fresh butter, and fry them until they are brightly browned. Slice some vegetables — two carrots, one turnip, two onions, and half a dozen sticks of celery — and fry them in the same butter, and with them 2 ozs of lean ham cut into dice. Pour over them a quart of water, and stir it over a quick fire for a quarter of an hour, then add two quarts of stock, a bunch of sweet herbs, a bay-leaf, a dessert-spoonful of salt, half a teaspoonful of peppercorns, three cloves, and a lump of sugar. Simmer gently until the meat is tender and parts easily from the bones, then take it out, strain the soup, skim the fat from the top of the liquid, brown it in a saucepan, and mix smoothly with it 2 ozs of fine flour. Thicken the soup with this, and flavor it with two table-spoonfuls of mushroom catsup, add the pieces of tail, simmer a quarter of an hour longer, and serve. If preferred, the vegetables may be crushed through a colander and added to the soup in the form of a purée. A glassful of port may be added or not. Serve fresh rolls with this soup. Time, four hours to simmer the soup.

**Oyster Soup** — Take three quarts of oysters and strain the liquor from them. Put the liquor on to boil with half a pint of chopped celery, one onion, two or three blades of mace, pepper, and salt. When it boils, add the oysters, but care should be taken not to let them cook too much. Just before taking it off, the thickening must be added, viz, one spoonful of flour creamed into the well-beaten



yolks of three eggs Pour a little of the hot soup gradually upon the eggs and flour, stirring all the while, and as soon as well mixed pour into the soup, with a little cream Then add one quart of rich, unskimmed milk let all come to a boil and pour into a tureen over some small squares of cold bread Serve it very hot

**Pancakes, Soup of.**—Make very thin plain pancakes in the usual way, and be careful to put no more fat into the pan with them than is required to prevent them sticking Drain them on blotting-paper to free them from grease and cut them into narrow strips about an inch long, or into small diamonds or squares Throw them into a saucepan containing two pints of clear brown gravy soup boiling hot, let them boil quickly for a minute or two, and serve Time ten minutes to fry the pancakes

**Parmesan and Soup**—Grated Parmesan should be served with macaroni and all other soups made with Italian pastes

**Pea Soup**—To every quart of unshelled pease allow two quarts of water, in which boil the empty pods half an hour, remove, strain add one pint of cold water place over the fire, and put in 2 lbs of beef cut into small pieces, boil slowly one hour and, if not enough water, add some boiling hot, put in the pease, and if the meat is not desired in the soup remove it add two table-spoonfuls of rice flour stirred smoothly in half a teacupful of new milk stir frequently, to prevent the flour from scorching

Another way —Pea soup may be made from dried pease either whole or split, the latter are to be preferred Soak a quart of pease overnight The next day wash and drain them, and put them into a large saucepan with 6 ozs of lean ham, or if it is at hand the knuckle-bone of a ham three sliced carrots, two onions and three or four sticks of celery cut into

small pieces Pour over these three quarts of the liquor in which pork, beef, or mutton has been boiled Simmer gently until the pease are reduced to pulp stirring frequently, then rub the whole through a hair sieve and put the soup back into the stewpan Let it boil, and skim it carefully Add pepper and salt if necessary, stir in 1 oz of butter, and serve as hot as possible Send powdered mint or powdered sage to table on a separate dish A table-spoonful of curry powder will greatly improve the soup Time, four hours

**Peanut Soup**—Shell 3 lbs of roasted nuts rub off the dry brown skin, pound the nuts to a smooth paste in a mortar, gradually adding a table-spoonful of brandy, put this paste into a saucepan and gradually stir into it two quarts of boiling water season it with salt and cayenne pepper let it simmer gently until it thickens, stirring it occasionally to prevent burning, and then serve it hot.

**Potage à la Crécy** (an excellent carrot soup)—Slice off the red parts of a dozen carrots and put them into a stewpan, with 2 ozs of butter, a large lump of sugar three good-sized onions, two turnips a dozen peppercorns,  $\frac{1}{4}$  lb of undressed lean ham the outer sticks of two heads of celery and four leeks Cover then sweat the vegetables over a gentle fire for ten minutes Shake the saucepan to keep the contents from burning Pour over them a quart of cold stock or water, and let them simmer gently for two hours, or until the vegetables are quite tender Strain off the soup, and press the vegetables with a wooden spoon through a sieve Mix the pulp again with the stock season with pepper and salt put it back into the stewpan, and let it boil Draw it to the side of the fire for a few minutes and skim off the fat as it rises to the surface Add pepper and salt and serve Send toasted sippets to table in a

separate dish. If there is no stock at hand and water has to be used for the soup, a teaspoonful of Liebig's or any other extract of meat should be added to it. Time, three hours and a half.

**Potage a la Reine** — This is a delicate white soup. Skin and wash carefully three young chickens or two large fowls, and boil them in five pints of good, nicely flavored veal stock for about an hour. Lift them out, pick off all the white meat, put the bodies of the fowls again into the stewpan, and let them simmer in hour and a half longer. Season the broth with salt and cayenne and when it is sufficiently simmered pour it out, let it cool and thoroughly take off the fat which rises to the surface. Pound the white flesh of the birds to a perfectly smooth paste and with it a teaspoonful of finely grated bread-crumbs. Mix gradually with this paste a small quantity of the boiling stock, and press it through a fine hair sieve. Add the rest of the stock, and stir the whole over a gentle fire in a clean saucepan until it boils. Add from a pint to a pint and a half of boiling cream. Serve very hot. If liked the cream may be slightly flavored with almonds. If veal broth is not at hand a little may be made as follows. Buy a knuckle of veal from which nearly all the meat has been cut off. Break it into small pieces, and put it into a stewpan with  $\frac{1}{2}$  lb of lean ham cut up small—or a ham-bone—a small carrot, a small onion, a head of celery, a large blade of mace, a bunch of parsley, and a dozen white peppercorns. Pour over these a gallon of cold water. Bring the liquid slowly to the boil, skim very carefully, then draw the pan to the side and let the contents simmer for six or seven hours until the stock is reduced to five pints. Pour the soup out and leave it until the next day. Take the fat from the top and pour off the soup without the settlings. Boil the fowls in this stock. If the soup is not sufficiently

thick, it may be made so with a little arrow-root or ground rice. Time, about four hours.

**Potage a la Xavier** — Mix the well beaten yolks of four eggs and the white of one with three-quarters of a pint of flour. Add a little pepper and salt, the eighth part of a nutmeg, grated, and a dessert-spoonful of chopped parsley and mix all the ingredients thoroughly. Stir in as much stock as will make the batter thin enough to pass through a colander. Boil two quarts of strained and nicely flavored stock. Put the batter into it by means of a ladle perforated with holes and stir well as long as it is on the fire. Stir carefully. Boil a quarter of an hour longer, and serve.

**Potage Brunoise** — Cut into little squares of less than a quarter of an inch in size the following vegetables: 4 ozs of the red part of carrots, 4 ozs of turnips, 4 ozs of leeks, 4 ozs of the white part of celery, 4 ozs of onions. Put these in a stewpan with 12 ozs of butter and let them fry till they assume a red hue, add then a pinch of powdered white sugar and one pint of broth, let it simmer for half an hour then pour in five and one-quarter pints of broth, let the whole simmer for two hours, skim, and remove the grease. Have ready 8 ozs of cooked macaroni, vermicelli or spaghetti which must also have been simmered till quite tender and then drained dry. Put this in the soup tureen and pour the brunoise over it.

**Potage Velours** — Draw and singe a fowl, wash it in warm water, rinse it in cold water, dry it tie it all around with a string, put it in the soup-kettle with a whole shin of beef and five quarts of cold water, and place on a good fire. Watch for the boiling-point, as it is very important to have a clear broth. After the first scum has been removed add a quarter of a glass of cold water, two minutes

After skim again, and add another quart of a glassful of cold water, repeat a third time, then season with half a table-spoonful of salt, one salt-spoonful of pepper, four carrots, four turnips cut in slices, four leeks, six sprigs of parsley, two branches of white celery, three cloves, two bay-leaves. Cover the kettle, but leave a small place open. Boil slowly for four hours remove the meat strain the broth, and keep in a bowl until ready to finish the soup. While the broth is cooking have two quarts of sliced red carrots prepared by scraping them and washing them and putting them in a saucepan with two table-spoonfuls of butter and one table-spoonful of granulated sugar, cover the saucepan, and cook on a moderate fire for fifteen minutes tossing them meanwhile then add one quart of warm water, one teaspoonful of salt, half a salt-spoonful of pepper, cook slowly for two hours. Pass them through a colander, then through a strainer. Skim off the fat from the broth put it back on the fire, and when boiling add the purée of carrots with four table-spoonfuls of tapioca let it cook slowly for thirty minutes, remove from the fire add half a pint of good cream and serve very hot. The breast of the fowl cold makes a nice salad for the next day.

**Potato Soup** — Take six good-sized potatoes, add  $\frac{1}{4}$  lb of salt pork two small onions and a few sprigs of parsley. Put all these together in a pot with water enough to liberally cover them. Let them boil until the pork is tender and thoroughly done by that time the potatoes will have fallen to pieces. Rub through a colander taking out the pork. Then add to the mixture a pint of milk and a piece of butter the size of a walnut and salt to taste. Let it boil up once to become thoroughly hot pass it quickly through a sieve, and serve in a tureen. This soup can be made in an hour.

Another way — Peel a quart of

nice white potatoes, and boil them in a gallon of water. When they are well done, take them out and mash fine. Season with pepper, salt, and butter to taste, and add two onions chopped fine, or a bunch of celery chopped fine, if preferred. Return the mixture to the boiling water, and let it boil fifteen minutes. Beat very light two eggs, into which stir a cupful of sweet cream, and add it to the soup. Many persons also like to have two or three slices of toast put in with the cream. Let the whole boil up once, and serve. This is tempting both to the eye and the palate.

**Pumpkin, Cream of.** — Peel a nice ripe pumpkin, and cut in small pieces enough to fill a quart measure. Put these in a saucepan with one pint of cold water, one salt-spoonful of salt, half a one of white pepper, half a table-spoonful of sugar, and cover the saucepan. Cook slowly for one hour and a half stirring from time to time strain through a colander and then through a fine strainer. Put the purée back in the saucepan, and sprinkle over it half a table-spoonful of flour mix well, pour in slowly, while stirring one quart of boiled milk. Add half a table-spoonful of very fresh butter, and let it simmer for fifteen minutes. Add one pint of rich cream and have it very hot, but do not allow it to boil. Serve in cups with hot salted crackers toasted.

**Purées** — As this expression is used in three senses it is necessary to explain and define what is meant by each. All purées are the result of boiling or stewing the fruit, vegetable, or cereal in broth or water, and passing the mixture through a more or less fine sieve or tamis. If the purée is to be served separately as a vegetable not as a soup, it must be almost solid. If it is to be used for soup it is diluted with broth or stock, and other additions till the mixture is of the consistency of thick cream. Or if the purée is to be used as sauce

a different thickness or thinness is required, not uniform, but varying according to the materials. For instance, apple and tomato sauces are to be thicker than celery or chestnut sauces. Practice and discriminating taste must adjust rules and exceptions.

Purée soups should be of the consistency of cream, and perfectly smooth and free from lumps. The addition of cream gives greater smoothness to all purées, and is necessary when they are made without meat, but these soups will keep sweet for only twelve hours. The time for simmering and the quantity of water differ according as the vegetable is young and tender or old and hard. Dried pease, etc., must be soaked beforehand. The simmering must produce a pulp which will pass through the tamis or wire sieve, and the broth must be added and stirred in to the requisite consistency. Beware of salt, as the simmering in this, as in all cases where the liquid reduces, makes the stock or soup increasingly salt.

This class of soups may be made with carrots, turnips, green pease, dried pease, string beans, lentils, potatoes, barley, rice, tomatoes, chestnuts, spinach, asparagus, celery, or a mixture of carrots, turnips, potatoes, etc. They all require onions and celery to give flavor. They must all be passed through a sieve, and the vegetables or cereals may be stewed in weak broth, or in water with some butter if for maigre soups. Serve with croûtons.

**Purée of Game, Chicken, or Rabbit Soup** — The remains of roast grouse, partridge, etc., should be carefully saved to make purée of game soup. The meat is to be carefully scraped away from the bones, pounded in a mortar, diluted with stock, and passed through a tamis. This purée is to be mixed with well-seasoned stock: the soup ought to be the consistence of double cream. If the game purée is not quite enough, a

small amount of rice stewed in broth may be passed through the tamis with the game.

**Queen's Soup** — Wash the fowl in warm water, stew for an hour with sufficient strong veal broth to cover the meat, and a bunch of parsley. Take out the fowl and soak breadcrumb in the liquor, cut the meat off, take away the skin, and pound the flesh in a mortar, adding the soaked crumb and the yolks of five hard-boiled eggs, rub this through a coarse sieve or tamis, and put into it a quart of cream that has been previously boiled.

**Rice Soup** — Wash well 4 ozs of rice, and boil it in two quarts of veal stock till tender, drain it, and put the stock with half the rice back into the stewpan, rub the rest through a fine sieve, then stir it into the soup and let it boil up. Beat the yolks of three eggs with half a pint of cream, take the soup off the fire for two minutes then add the eggs and cream gradually, and stir the soup unceasingly for three or four minutes until it is thoroughly hot, but it must not boil again or the eggs will curdle. Time, two hours.

**Roux, or Thickening for Soups**  
See Gravies

**Russian Soup** — The cabbage is to be cut in shreds an inch long. One onion (a Spanish onion preferred), to be cut in shreds and a few fine herbs. Fry in butter, but do not brown, drain and add to the soup with one table-spoonful of flour. Have ready small balls of beef sausage, made of 2 ozs of beef chopped very small 2 ozs of suet chopped very small one egg pepper and salt. Fry, and place in the soup, with a squeeze of lemon just before serving up.

**Sago Soup** — Wash 6 ozs of sago and add it gradually to two quarts of well-flavored stock. Let it simmer gently till the sago is quite clear, and

put in further seasoning if necessary. Before serving the soup mix with it either the strained juice of a lemon and a glass of light wine or the yolks of two eggs beaten up with a little cream.

**Sago Soup** (without meat) — First wash a teacupful of sago and then boil it for an hour in a quart of water with a pinch of salt and a little cinnamon or lemon-rind for flavoring. By this time the water should be reduced one-half. Fill up thelicking half with red wine, add some slices of lemon and 5 ozs. of sugar for sweetening. Let the whole come to a boil once, and when ready to serve sprinkle the surface with powdered cinnamon or nutmeg whichever you prefer.

**Scotch Broth** — Boil  $\frac{1}{2}$  lb. of barley slowly in three pints of stock. When the barley is thoroughly cooked, rub the whole through a sieve. Return to fire and add a little cooked barley, half a pint of milk, 2 ozs. of butter, chopped parsley, salt and pepper, and heat. Beat up the yolks of three eggs and add them together with a teacupful of castor sugar four to six table-spoonfuls of cream. Mix well together and when warm enough dish. When in tureen add a few lumps of butter and a little more cream.

**Scotch Hotch-potch** — Take two quarts of good mutton or lamb broth or liquor in which joints of either have been boiled, remove all fat and strain clear of sediment, grate two carrots and slice three adding young turnips, onion, lettuce and parsley until there is altogether a quart of shred vegetables. Then take a pint of young green pease and add sprigs of cauliflower sufficient to make up a second quart of vegetables, put them, with the exception of half of the pease, into the stock. Keep the whole stewing gently for half an hour then trim 2 lbs. of ribs of lamb or mutton into cutlets and add with the rest of the pease, flavoring with salt, pepper,

and chopped parsley, simmer slowly for an hour, and then serve very hot.

**Shell-fish Soup** — Put into a stew-pan some olive oil (half a table-spoonful for each person) and a very little garlic finely chopped. When the garlic is well fried add some tomato sauce (half a table-spoonful for each person) then put in your shell-fish (all sorts of small shell-fish, clams, shrimp, even mussels etc., such as the market offers) well washed and brushed beforehand. Now add a spoonful of consommé for each person, a few cloves and a little nutmeg. If you have no consommé use extract of meat. Serve with croûtons.

### Soubise Broth

See Brown Soubise Broth

**Soup à la Grecque** — To two pints of stock add half a teacupful of rice and a little mint. Boil slowly for twenty minutes, then add half a pint of cold stock, and mix well together. Beat up three eggs until thick, and to them add the stock and rice slowly. At first a spoonful at a time. Mix the whole well and then pour back into the pan, stirring continually and return to fire. Add 1 oz. of butter and the juice of one lemon and stir well. When ready for table add *pâté de foie gras*, or two chicken livers finely minced.

**Spinach, Cream of** — Wash two quarts of spinach, and while it is still dripping wet put over the fire in a double boiler. Add to the spinach a pinch of soda but no water except that clinging to the leaves. Cover closely and cook until soft enough to rub through a colander. Heat to the scalding-point a quart of milk, thicken with a table-spoonful of butter and one of flour rubbed together and add to this the spinach. Season and serve.

**Squirrel Soup** (Mrs Stuart's) — Even persons who find squirrel dis-

tasteful as meat regard it is supplying delightful material for soup. Three squirrels are none too many to allow for making a tureen full of soup. Put them on with a small table-spoonful of salt, directly after breakfast, in a gallon of cold water. Cover the pot closely, and set it on the back part of the stove to simmer gently, not boil. Add vegetables just the same as you do for other meat soups in the summer season, but especially good will you find corn, Irish potatoes, okra, and lima beans. Strain the soup through a coarse colander when the meat has boiled to a rag, so as to get rid of the squirrels' troublesome little bones. Then return to the pot, and after boiling a long while, thicken with a piece of butter rubbed in flour. Celery and parsley leaves chopped up are also considered in improvement by many, and those who like it thick as gumbo add a spoonful of powdered sassafras leaves. Toast two slices of bread, cut them into dice an inch square, fry them in butter, put them into the bottom of your tureen, and then pour the soup boiling hot upon them.

**Tapioca Cream Soup**—One quart of white stock, one pint of cream or milk, one onion, two stalks of celery, one-third of a cupful of tapioca, two cupfuls of cold water, one table-spoonful of butter, one small piece of mace, salt, pepper. Wash the tapioca and soak overnight in cold water. Cook it and the stock together very gently for one hour. Then cut the onion and celery into small pieces, and put on to cook for twenty minutes with the milk and mace. Strain on the tapioca and stock. Season with salt, pepper, and butter.

**Thickening, or Roux for Soups.**

See Gravies

**Tomato, Bisque of**—Stew fifteen minutes in a saucepan one quart of tomatoes and an onion sliced. Meanwhile boil in a double boiler one quart of milk. Cream together two table

spoonfuls each of flour and butter, and add to the milk when boiling and stir constantly until it thickens. Rub the tomatoes through a sieve and return them to the fire. Add a teaspoonful of sugar and salt and pepper to taste. When ready to serve add half a teaspoonful of soda to the tomatoes and then the boiling milk. Stir quickly and serve at once, with croûtons in the soup.

**Tomato Soup**—For this excellent soup the proportions are seven or eight middling sized tomatoes, three pints of broth, four or five stalks of parsley, two of thyme, salt, pepper, a teaspoonful of peppercorns, a bay-leaf, two onions, three cloves and three or four cloves of garlic,  $\frac{1}{4}$  lb of rice, a table-spoonful of butter, 1 oz of sugar, three slices of bread. The tomatoes are put into boiling water for a few seconds, taken out and dropped into cold water, and then skinned. They are put into a saucepan and set on a moderate fire with the broth, parsley, salt, pepper and the following spices tied in a linen bag: thyme, peppercorns, bay-leaf, onions, and cloves. When cooked, the whole is turned into a colander (with the exception of the spices in the bag) and forced through with a potato-masher except the tomato-seeds; then the strained juice and pulp are mixed with the rice after it has been boiled, the butter and sugar are added. The whole is simmered for about half an hour and turned into the soup-dish. While it is simmering the slices of bread are cut into dice and fried with a little butter and put into the soup tureen before turning the mixture therein. Cover it for two minutes, and serve.

**Turkey Soup**—Take the bones and trimmings of what is left over of a roast turkey break them into small pieces put them into a stewpan with any force-meat or sauce that may be left and pour over them two quarts of stock or water sufficient to cover, with a little extract of meat. Bring

this slowly to the boil, skim carefully, and add a little salt and pepper celery onion and carrot. Let these simmer gently till the bones are quite clean. Strain the soup and free it from fat. Add further seasoning if liked, and either thicken the soup with rice or macaroni, etc. or, if a clear soup is preferred clarify. The clarifying process will not be necessary if the soup has been gently simmered, thoroughly skimmed and well strained. Should there be much meat left on the turkey some of it can be used in making patties or rissoles or it may be minced or devilled before the bones and trimmings are made into the soup. Time four hours.

**Turtle Soup** (from dried turtle imported from South America) — The pieces of dried turtle require to be soaked in cold water for three days and three nights the water being changed every morning. And is the turtle has to be cooked for twelve hours in the stock which forms the soup four days are required to produce turtle soup. After the turtle has undergone soaking it swells to three times its size when dry it is then ready for putting into the stock. One pound of turtle is used for every three quarts of soup. The stock is made by laying slices of ham in the stock-pot and then a knuckle of veal cut up as in other soups cold water a slow fire and skimming. The vegetables put in at the usual stage are to be green onions bay-leaves a large bunch of fine herbs and a handful of parsley. Pepper salt in very moderate quantity (as else the long period during which the turtle cooks will make the soup too salt) and six cloves. When the stock is strained take out the onions herbs and parsley and put them in a stewpan with  $\frac{1}{4}$  lb of butter and a blade of mace when the butter is melted add a little sugar simmer on the fire a short time and then rub through a tamis add these to the soup after the turtle has been simmered in it for nearly the twelve hours, add also a

glassful of good Madeira and a squeeze of lemon and a little thin white roux. Turtle soup must not be much thickened, and must present a greenish color not a brown.

**Veal Soup** — Take 2 lbs of the knuckle of veal. Divide it into three or four pieces, and put these into a stewpan with any bones or trimmings of veal or poultry that may be at hand, and add  $\frac{1}{4}$  lb of lean ham, a few sticks of celery an onion with a clove stuck into it, a small blade of mace six or eight peppercorns a little salt and two table spoonfuls of rice. Pour over these ingredients about five pints of cold stock or water and let the soup simmer gently from three to four hours. Carefully remove the scum as it rises. Strain the stock season and flour as much of it as may be required for table with salt white pepper lemon-juice and pounded mace and thicken with white thickening. If preferred this soup may be served with the boiled rice in it and with sippets or force-meat balls. The veal may be cut into neat pieces and served with parsley and butter or egg sauce.

Another way — Take about 4 lbs of the knuckle of veal, and cut it into five or six pieces sawing through the bones neatly. Put these in a stewpan pour over them as much cold water as will freely cover them and let the liquor boil. Skim carefully draw it to the side and let it simmer for an hour. Throw in with it five or six turnips two onions and a few outer sticks of celery and let it simmer gently for another hour. Mix a table spoonful of flour or ground rice to a smooth paste with cold water stir a little of the boiling liquor into it and add it to the rest. Let it boil a short time longer. Half an hour before the soup is to be served throw into it a pinch of powdered mushrooms six or eight sliced potatoes and ten or fifteen minutes before it is served put in half a dozen small dumplings. Add pepper and salt to taste. Serve the veal on a dish with the

dumplings and vegetables round it, and send the soup to table in a tureen. If liked, a little sugar browning may be added to the soup to color it. Time, three hours to simmer the soup.

**Vegetable Soup** — The best soup may be made with little expense when vegetables are plentiful. What remains of a roast will serve very well for a basis, if no piece of fresh, uncooked meat is at hand. Let the vessel in which you make your soup be provided with a close cover, and allow yourself plenty of time, so that the soup need only simmer for five or six hours but never boil. As the water evaporates, add more, but always let it be boiling water, after the first, which is poured cold over the meat. Add vegetables according to the taste of your family. For instance, a quart of ripe tomatoes, scalded and peeled is not too much, but even two or three make their impression when more cannot be obtained, a large handful of green corn cut from the cob, another of young tender okra and yet another of Irish potatoes, peeled and cut into small pieces, and lastly, a handful of small lima beans. Season cautiously with salt and pepper remembering that more can be easily added at table. In this kind of soup a pod of red pepper is regarded as preferable seasoning to black the pod not to be broken. Stir the soup frequently, lest the vegetables stick to the bottom and burn. Skim carefully, and dish up hot. In the far South where this soup is made to perfection, they let the vegetables cook so thoroughly as to form an indistinguishable mass and strain it moreover so that the flavor is left without their substance.

**Velvet Soup** — Cook some tapioca in good stock or bouillon being careful not to make the liquid too thick. When ready, place the yolks of eggs in the soup-ureen one yolk for two persons. Then pour over them the tapioca stirring the whole so that it may become thoroughly mixed and

uniformly creamy. A grain of nutmeg improves this soup.

**Velvet Soup Maigre** (made without meat) — Cook the tapioca in water with a little pepper and salt. Put into the tureen a lump of butter and the yolks of eggs—two for three persons. Then pour over them the boiling tapioca. Stir up and serve.

**Vermicelli Soup** See Noodles Soup

**White Soup** — Take three pints of good white stock entirely free from fat and sediment, put it into a stewpan, and let it heat gently. Blanch 2 ozs of sweet almonds, and pound them to a paste in a marble mortar with a little water to keep them from oiling. Mince and pound with them a slice of dressed veal or fowl, and add a table-spoonful of stale bread-crumbs and a small blade of mace finely powdered. When the mixture is smooth, stir it very gradually into a pint of cream, and add a pint of the stock put into it an inch of thin lemon-rind and simmer over the fire for a few minutes. Stir into it as much of the stock as will make it of the thickness of cream, and simmer the soup gently for half an hour. Remove the lemon-rind, and serve the soup with toasted sippets. If liked, arrow-root, ground rice, or common flour may be used instead of the almonds, and when cream cannot be had new milk mixed with the yolks of eggs may be used instead. The egg should be beaten in the soup-ureen it should be mixed with a table-spoonful of the milk, the rest of the milk (boiling) should be added gradually, and the soup poured in. By increasing the quantities and preserving the proportions, a larger quantity of soup may be made. Time to simmer the thickening in the soup, half an hour.

**Wine Soups** — Wine soups, made of light German wine, are very quickly made. No. 1 — Dissolve 1 oz of butter in a saucepan, stir into it



briskly a table spoonful of flour and beat the paste over the fire till it acquires a little color. Stir into it half a pint of water and add the thin rind and strained juice of half a fresh lemon, half a stick of cinnamon, three table-spoonfuls of sugar and a small bottle of light wine. Simmer the soup for ten minutes break three eggs into the tureen, and froth them lightly. Mix them with a spoonful of the soup. Add the rest gradually and serve. No 2.—Boil 2 ovs of best rice and the thin rind of half a lemon in three-quarters of a pint of water. When the rice is tender, mix with it

gradually a small bottle of wine, and add as much white sugar as will sweeten it pleasantly. Break two eggs into the tureen, mix with them a spoonful of the soup and serve. No 3.—Cut a large fresh lemon into thin slices, carefully removing the seeds. Put them into a tureen, cover with powdered white sugar, and add a teacupful of grated bread-crumbs which have been browned in butter. Mix a pint of wine with half a pint of water. Sweeten the mixture, and bring it to the point of boiling. Pour it upon the slices of lemon, etc, let them soak for five minutes, and serve

Souse, or Head-cheese. See Pork.

Southern Catsup See Pickles

Spaghetti. See Macaroni

Spaghetti and Cheese Fritters.  
See Fritters

Spanish Cream. See Creams

Spanish Custard See Custards

Spanish Mackerel See Fish

Spanish Omelet See Eggs

Spanish Salad See Salads

Spanish Sandwiches  
See Sandwiches

Spanish Wind. See Cakes

Spice Cake. See Cakes

Spiced Beef. See Beef

Spinach.—The following recipes for cooking spinach will be found under their respective headings as indicated

Spinach Fritters See Fritters  
Salad See Salads  
Soufflé See Soufflés  
Cream of See Soups

Spinach, French Mode

See Vegetables

German Mode  
Purée of, with  
Butter  
with Eggs  
with Gravy

Sponge See Jellies

Sponge Cake. See Cakes

Sponge-cake Pudding  
See Puddings

Sprats, Smoked See Fish

Spun Eggs See Eggs

Squabs, Baked See Game  
in Halves  
with Vegetables

Squash.—The following recipes for cooking squash will be found under their respective headings as indicated

Squash Fritters See Fritters  
Pie See Pies  
Baked See Vegetables  
Boiled  
Cakes  
Fried.

Squirrel Soup See Soups

Steak, Hamburg See Beef

Steaks, Fish	See Fish	Strawberry Sauce Souffle	See Puddings See Souffles
Stews	See Beef, Mutton, Soups	Straws	See Cakes
Stick Candy	See Candy	Straws of Cheese.	See Cheese
Sterilized Milk.	See Milk	Striped Bass	See Fish
Stock a la Minute.	See Soups	Stuffed Eggs	See Eggs
Brown		Stuffings	See Force-meats
Quickly Made		Sturgeon — The following recipes for cooking sturgeon will be found under their respective headings as indicated	
White		Sturgeon à la Cardinal	See Fish
Store-closet	See Emergencies	à la Russe	
Strawberries — The following recipes for cooking strawberries will be found under their respective headings as indicated		Cuilets	
Strawberries, Acid	See Beverages	Fried	
Cordial		Grilled	
Syrup		Sauce for	
	See Beverages, also Preserves	Stewed	
Blanc mange		Succotash. See Beans (Lima), under Vegetables	
	See Blanc-mange	Suet Dumpling	See Puddings
Short Cake		Suet Force-meat Balls.	See Force-meats
	See Cakes, also Fruits	Suet Pudding	See Puddings
Bavarian Cream		Suet, To Clarify, for Frying — Chop the suet roughly, free it from skin and fibre and melt it in the oven. Pour the fat off frequently as it melts. Or put the minced suet into a saucepan with plenty of boiling water, and keep it boiling until it is dissolved. Pour the liquor into a basin, and when it is cold take the cake of fat from the top. Melt it again, strain it through muslin, keep back the sediment and the fat will be fit for use. Clarified suet is excellent for making plain pastry and also for basting and frying purposes	
	See Creams	Sugar, Clarified, for Fresh-water Ices — Put 2 lbs of white sugar in a saucepan with two quarts of cold water. Let the sugar dissolve, then add a teaspoonful of white of egg	
Cream			
Fool	See Custards		
Trifle			
and Cream	See Fruits		
and Rice			
Compote of			
Conserves of			
Floating Island			
Foam			
Glaces			
in Jelly			
Meringue			
Sponge			
Tapioca			
	See Fruits also Puddings.		
	See Ices		
Ice			
Ice-cream			
Mousse			
Parfait.			
Sherbet			
Jam	See Preserves		
Preserved			
Dumpling	See Puddings		
Pudding			

lightly beaten As the scum rises take it off, and keep the sugar boiling until the scum ceases to rise When it is quite clear, strain it through muslin, and it will be fit for use If liked, it may be put into a bottle and closely stoppered It will keep for some time Time to boil, ten minutes

Sultana Jelly	See Jellies
Summer Salad	See Salads
Sunshine Cake.	See Cake
Sunshiny Eggs	See Eggs
Suprême Sauce,	See Sauces

## SWEETBREADS

**Sweetbreads**—Soak in cold water at least an hour, changing the water three or four times When they are perfectly white they are ready for cooking Put them in cold water and let it gradually heat to a simmer, keep simmering twenty minutes Then blanch by putting them in ice-water Drain, remove all pipes and fibres possible, tie them up in a cloth, and put a little weight on them until they are cold

**Sweetbreads with Asparagus Tips**—Put in lukewarm water for one hour three pairs of large sweetbreads Remove all the fat and skin with the utmost care do not leave the slightest particle of them this is a very important point Rinse them well in cold water, and put them in a saucepan with two quarts of cold water one good-sized onion sliced two cloves three sprigs of parsley, one bay-leaf one-half table-spoonful of salt Boil ten minutes remove and plunge them in cold water Drain well and put them in a flat saucepan with one-half pint of good beef broth Cook them over a slow fire until all the broth is absorbed, turn them over once taking care not to break them They must become of a light-brown color Add again two pints of broth cook till reduced to half place the sweetbreads on a warm platter Procure one jar or can of the best asparagus tips, remove them with care, and dip them one by one in cold water Lay them on a clean

napkin to drain Cut them two inches long and put, just long enough to warm in the gravy remaining from the sweetbreads Arrange them on one side of the platter Remove the saucepan from the fire and add two table-spoonfuls of fresh butter Stir well with the gravy and pour it over the sweetbreads Serve very hot

**Sweetbreads, Broiled, with Duxelles Sauce**—Soak two large pairs of sweetbreads remove skin and pipes and leave them in cold water for one hour Put in a saucepan two quarts of water with one sliced onion four sprigs of parsley, two cloves half a bay-leaf and one teaspoonful of salt Boil for five minutes, drain the sweetbreads and put them in boil slowly for twelve minutes Drain again and leave them in a bowl of cold water until cold, then dry them with a clean towel put them between two platters with a weight over, this for one hour Then cut them in two lengthwise in order to make a flat surface Melt two table-spoonfuls of good butter Sprinkle each sweetbread with one salt spoonful of salt and half a one of pepper Roll them well in the melted butter and afterwards in fine white bread-crumbs freshly made Broil them five minutes on each side and serve on a hot platter The sauce Duxelles must be prepared beforehand Remove the stems of four large mushrooms peel and wash the stems and chop them Chop separately one table-

spoonful of parsley and half a one of shallots or green onions. Put half a table-spoonful of butter in a small saucepan, when melted put the shallots in, cook three minutes tossing them. Add the chopped mushrooms and parsley, cook three minutes more, stirring meanwhile. Add one teaspoonful of flour stir again for two minutes, and add slowly half a gill of good broth. Cook six minutes more, but slowly. Remove to the side of the fire, and add one teaspoonful of fresh butter, do not cook any more. Peel the mushrooms, wash and dry them, sprinkle over a few grains of salt and pepper, roll them in a little melted butter and broil them four minutes top first turn them over fill with the Duxelles sauce. Put on top of each one slice of marrow previously prepared and serve very hot around the sweetbreads. Spread over the sweetbreads the remainder of the sauce. To prepare the marrow crack but do not separate two nice fresh marrow-bones and put them in a bowl of cold water for one hour. Put them afterwards in a small saucepan cover them entirely with broth and cook very slowly for twenty minutes drain them, cool them off and open the bones carefully in order to avoid leaving small pieces of bone in the marrow. The marrow will be easily detached in one piece and be very white.

**Sweetbreads, Croquettes of.**—Take a cold dressed sweetbread cut it into quarter-inch dice and mix with it its bulk in mushrooms which have been cut in the same way. Stir both together over a gentle fire in some very thick white sauce, and pour the mixture upon a dish. When quite cold divide the mixture into portions of an equal size roll these to the shape of balls or corks dip them in egg beaten up with pepper salt and oil and roll them in bread-crumbs. Fry in hot fat till they are crisp and lightly browned, drain them thoroughly, serve on a hot napkin and garnish

with parsley. Time, ten minutes to fry the croquettes.

**Sweetbreads à la Fontainebleau.**—Wash a pair of fine sweetbreads, blanch, by throwing them into boiling water and letting them cook for five minutes. Plunge at once into ice-water, leave them thus for five minutes, wipe dry, and set on ice until cold and firm. With a sharp knife split each lengthwise scoop about a teaspoonful of meat from the inside of each half leaving a cavity in the centre. Fill this with a force-meat made of the extracted meat chopped fine and equal parts of boiled and mashed chestnuts and minced mushrooms. Season with butter, paprika salt a pinch of nutmeg, and half a teaspoonful of onion-juice. Press the halves thus stuffed firmly together, bind with soft pack-thread, run a very slender skewer through to hold it the more securely, and lay upon the grating of your dripping-pan or roaster. Under each sweetbread put a thin slice of corned ham or of fat salt pork. Pour about them a cupful of weak stock sprinkle with pepper and salt lay a dot of butter on each, cover closely and cook half an hour. Turn the sweetbreads then baste well with the gravy in the pan, cover and cook for ten minutes longer. Uncover, baste again freely, dredge with flour and brown. Take up the sweetbreads dish and keep hot over boiling water while you make the gravy. Thicken that in the dripping-pan with browned flour add a little lemon-juice and a teaspoonful of kitchen bouquet boil up once, pour a few spoonfuls over the sweetbreads, the rest into a boat. Serve green peas with this dish.

**Sweetbread à la Newburg**—Soak in the usual way, then parboil a sweetbread in salted water flavored with lemon-juice for twenty minutes. Bleach it in ice-water. Drain, pick it into pieces, and place in a chafing-dish over hot water. Add one table-spoonful of butter and four table-



# T

**Tables of Weights and Measures**  
and **Time tables for cooking** See in  
side cover pages

**Taffy**

See Candy

**Tamie** — A tamie is a worked cloth made on purpose for straining sauces. It comes in different weaves, every coarse one for straining chopped almonds, raisins etc. a medium one for purees marmalade etc., and a fine one for flour, sugar and purees. The best way to use it is for two people to twist it contrary ways. This is a better way of straining sauce than passing it through a sieve and refines it much more completely. This word is frequently spelled Tammy or Tummy.

**Tapioca.**—The following recipes for cooking tapioca will be found under their respective headings as indicated.

Tapioca Cream	See Creams
Custard	See Custards
Pudding with Apples	See Puddings
Cream Soup	See Soups

**Tartar Sauce** See Sauces

**Tartare Sandwiches**  
See Sandwiches

**Tarts and Tartlets** See Pies

**Tea, Beef.** See Beef

**Tea Cakes.** See Cakes

**Tea Iced Punch** See Beverages

**Tea Ice-cream.** See Ices

**Tea Puffs**

See Cakes

**Terrapin** — Allow the terrapins to move about in lukewarm water for a few moments wash them thoroughly then plunge them into boiling water. Boil until tender—the small ones from twenty minutes to half an hour the larger on three is one as in hour and a quarter. Take out and let them drain a little. To open by on their backs heads from you, in a large bowl to save the gravy. Remove the shells, nails, head, tail, heart, lungs, entrails the fat from the legs, the white muscles, the sand-bags and gill being very careful not to break the latter. Separate the meat and cut up very fine. Place all in a stewing little barely cover with boiling water and let it boil half an hour. Dressing for two large or five small ones mash yolks of three hard boiled eggs with  $\frac{1}{2}$  lb of butter, one even table spoonful of salt one teaspoonful of red Jersey peppers or half salt spoonful of cayenne three scant table-spoonfuls of browned flour and three quarters of a pint of cream. Stir until smooth and the ingredients thoroughly mixed. Put the dressing into the prepared terrapin simmer slowly fifteen minutes stirring frequently. If not sufficiently thick add more flour if too thick, a little boiling water. Serve very hot in a covered dish adding a wineglassful of sherry if desired, as you send the dish to the table.

**Terrapin, Creamed** — Make a white sauce using two table spoonfuls of butter two table spoonfuls of flour one teaspoonful of salt, one pint of cream one salt-spoonful of white



separate for use in frying (sautcing) Goose fat is used in Germany for potato salad

**Thyme.**—Thyme is a herb much valued on account of its strong, pungent, aromatic odor and taste Three varieties are used in cookery—common thyme, lemon thyme, and orange thyme A very little is valuable for flavoring when judiciously used

**Timbales**—So named from timbale, a metal cup, because they are generally made in plain moulds, either round or oval They are excellent and pretty, but require both care and practice to make them properly The outer case may be constructed of short paste, macaroni, rice, cream force-meats, or quenelle force-meats, and they may be filled with any richly flavored meat, fish, fowl, or game The pastry lining is omitted when cream force-meats and quenelle force-meats are used For these the dariole moulds are well buttered and then lined with truffles, tongue, pistachios, etc., cut into fanciful shapes The moulds are further lined by the force-meat and then filled up with salpicons or other force-meats When filled they are ready for poaching—that is, the moulds are placed in a pan of boiling water to half the height of the moulds Draw from the fire at once and place pan with the moulds in a slack oven Do not let the water boil Keep in the oven for ten or fifteen minutes if the moulds are small for twenty or twenty-five minutes if a large mould is used Unmould on the dish on which they are to be served

**Cream Force-meat for Timbales**—Scrape the white meat of chicken or turkey to remove the sinews Pound the meat in a mortar adding gradually the white of an egg, until it is a smooth paste Strain this paste through a purée sieve, season the meat pulp with salt and pepper place the pan on a block of ice, and stir in gradually a cupful of cream. Beat this with

a whip To know when it is done, drop a little of the paste into hot (not boiling) water If at the end of ten minutes the sample when cut through is smooth and firm the paste is ready for the mould. If the paste is too thick, thin with cream, if too thin, add a little whipped white of an egg Keep in a cold place until used

**Quenelle Force meats** are prepared in the same way as cream force-meats, excepting that one-half as much panada as of meat pulp is mixed in and a little butter is added

**Timbale, Chicken.**—Make a cream force-meat and fill the timbales with salpicon of chicken To make this take a pint of cooked chicken cut into very small dice Take half a pint of cream and bring it to a boil, add to this half a pint of unboiled cream into which a heaping table-spoonful of flour has been stirred into a paste Let the pint of mixed cream and flour boil one or two minutes then add the pint of chicken, half a cupful of mushrooms cut into small dice with a little salt and pepper as seasoning Fill the moulds with this and on the top cover with cream force-meat, keeping the top level Then poach as directed above

**Timbale of Macaroni**—Put  $\frac{1}{2}$  lb of macaroni in a stewpan with three pints of boiling water and a little pepper and salt Be careful not to break it into shorter pieces than will go around the inside of the moulds Let it simmer gently for twenty minutes, then drain it put it back with half a pint of broth and let it simmer twenty minutes longer Cover the inside of thickly buttered moulds with it quite closely and neatly Spaghetti can be used in place of macaroni Begin at the bottom and wind it around spirally until the top of the mould is reached Spread over the macaroni a little good force-meat seasoned suitably to whatever is to constitute the contents of the timbale, and afterwards fill up the mould with a highly seasoned mince of game or



poultry. Moisten with good sauce, cover over the preparation, and poach as usual.

### Timbales of Eggs See Eggs

**Timbales, Sweetbread** — Line the moulds with a quenelle force-meat. For the filling take 1 oz. each of cooked sweetbreads and cooked ham, both cut into dice. Put 1 oz. of butter in a saucepan, add 1/2 oz. of onion cut up very small, in this brown 2 ozs. of mushrooms also cut very small. In another saucepan boil half a pint of cream and stir in 1 table spoonful of flour, add salt and pepper. Pour this at once on the mushrooms, and let the whole simmer from three to five minutes. Poach is directed on preceding page. Serve with a brown sauce. Or the ham may be omitted using double the quantity of sweetbread in which case serve with a rich, white, bechamel sauce.

### Titellus Macaroni See Macaroni

### Toast, Buttered See Bread

Dry See Eggs

**Toast for Roast Game** — Toast a slice of bread the third of an inch thick till it is brightly browned on both sides. Cut off the crust hold it over a bowl of boiling water for a minute to imbuë the steam and butter it well. Soak it in the dripping in the pan under the birds, and when these are ready, serve them upon it.

### Tom Thumb Pickles See Pickles

**Tomatoes** — The following recipes for cooling tomatoes will be found under their respective headings as indicated.

Tomato Wine See Beverages  
and Green Peppers  
Omelet See Eggs  
Omelet.  
Jelly See Jellies  
Butter See Pickles  
Catsup

Tomato Pickles See Pickles  
Soy  
for Pickles See Pickles  
Canned See Preserves  
Lips  
Preserve  
Salad See Salads  
Sauce See Sauces, also  
Vegetables  
Soufflé See Soufflés  
Disque See Soups  
Soup  
à la Française See Vegetables  
à la Mode  
and Sweet Corn  
and Oleria  
in Gratin  
Baked  
Broiled  
Curried  
Devised  
Pic  
Portuguese  
Purée  
Raw  
Stewed Whole  
Stuffed  
with Ham  
Toast.

Tongue, Beef. See Beef  
Smoked à la  
Marigold  
with Aspic  
Jelly  
Toast Beef

Tortoni Biscuit See Ices

Transparent Puffs See Cakes

Trifle. See Custards

Tripe should be soaked in salt and water, then thoroughly washed, and again put into water and allowed to simmer until it is very tender. When the tripe becomes cold prepare it in any way desired. Honeycomb tripe will not require so much cooking as the plain.

**Tripe, Broiled.** — Use the thicker part of the tripe. Honeycomb is the

best Sprinkle it with salt and pepper, rub with melted butter, and dredge with flour before laying it upon a broiler and lightly browning each side over a clear fire Put the tripe on a hot platter and pour a little melted butter over it Serve at once garnished with parsley and sliced lemon When tripe has been in pickle and is to be broiled it should be rinsed in cold water and stewed in part milk and part water before it is seasoned and broiled

**Tripe à la Lyonnaise.** — Wash in cold water 2 lbs of nice white honeycomb tripe Put two quarts of water in a saucepan with one teaspoonful of salt, when boiling put in the tripe let it boil slowly for ten minutes, drain and dry with a clean towel Cut it in narrow strips one inch in length Put in a saucepan one table-spoonful of butter and two of olive oil or three table spoonfuls of butter When hot add two table-spoonfuls of white onions cut in very thin slices cook eight minutes very slowly till it becomes of a golden color Add the tripe cook slowly, stirring from time to time for fifteen minutes Season with one teaspoonful of salt, one salt-spoonful of black pepper, quarter of one of red pepper, one table-spoonful of parsley, and at the very last one table-spoonful of wine vinegar

**Tripe a la Newburg** — Cut a pint of the boiled tripe into inch squares Make the sauce of four table-spoonfuls of butter put it in a pan over a moderate fire When the butter is melted put in the tripe and let it cook slowly five minutes before adding three table-spoonfuls of sherry and one of brandy, salt and cayenne pepper to taste Let the mixture simmer five minutes longer then put in the yolks of three eggs which have been beaten light and stir in half a pint of cream As soon as it is heated through, and the eggs are set, remove from the fire and serve as soon as possible

**Tripe, Southern Way** — Put into a saucepan a piece of butter the size of a small egg, and when the butter is melted add an onion cut into small pieces and cook until it is browned, then stir in a spoonful of flour Gradually add a cupful of stock and one of stewed tomatoes Add the tripe cut into small squares and season lightly with salt, pepper, and a little curry powder As soon as hot it is ready to serve

**Tripe, Stewed.** — For one cupful of cut cooked tripe put one table-spoonful of butter in a frying-pan and stir into it a table-spoonful of flour Stir until it is frothy and cooked, but not browned Add slowly half a pint of milk stirring all the while Season with half a teaspoonful of onion-juice, some salt and cayenne pepper Then add the tripe and toss it in the sauce until it is heated through, then serve

Trout, Broiled.	See Fish
Fried	
In Shells	
Salad	"

Truffles.	See Vegetables
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Turbot a la Bechamel.	See Fish
à la Crème	"
Boiled	
Broiled	

**Turkeys** — The following recipes for cooking turkeys will be found under their respective headings as indicated

Turkey, Force-meat for	See Force-meats
Roast Wild	See Game
Boneless	See Poultry
Broiled	
Galantine of	
Mincéd	"
Roasted	
Sauces for	"
" Stuffing	
with Chestnut Stuffing	
Salad	See Salads
" Soup	See Soups

Turnips —The following recipes for cooking turnips will be found under their respective headings as indicated

Turnips, Boiled	See Vegetables
fried	
Mashed	
Puree of	
Stewed in Butter	
Stewed in Gravy	
Stuffed	
Tops	

Turnip-tops Salad	See Salads
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Turnover Cakes.	See Bread
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Turret Ice-cream	See Ices
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Turtle — The green turtle is the variety used in making the celebrated turtle soup. This soup is so difficult to prepare properly, and so expensive, that it is seldom made in private houses. It can be bought ready made in all the larger cities.

Turtle, Mock, Soup	See Soups
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Turtle-soup Force-meat Balls	
	See Force-meats

Tutti-frutti Ice-cream.	See Ices
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## V

**Vanilla.**—Vanilla flavor is used to impart an agreeable odor to creams, custards, coffee, etc. The essence is the form in which it is generally used. The following recipes in which vanilla is used will be found under their respective headings as indicated.

Vanilla Custard	See Custards
Ice-cream	See Ices
Mousse	
Parfait	
Pudding	See Puddings
Sauce.	

## VEAL

**Veal** is best when the animal is from two to three months old. The finest calves have the smallest kidneys and when the veal is good these are well covered with fat. Veal, like all young meat, has a tendency to turn very quickly. It is both unpalatable and most unwholesome when it is at all tainted, and it cannot be recovered as brown meats sometimes are by the use of charcoal. If eaten quite fresh it is apt to be a little tough. If there is any danger of the veal becoming tainted, wash it, and put it into boiling water for ten minutes. Plunge it into cold water till cool, wipe it dry, and put it into the coolest place that can be found. Although veal can be obtained all the year round, it is best from May to September. No meat is more generally useful for making soups and gravies than veal. Veal should be thoroughly done. When under-dressed it is unwholesome and should be avoided.

**Veal Choosing of.**—The flesh of veal ought to be white, slightly approaching to pink with the fat firm. It should not be too large or it will be coarse and hard. The vein in the shoulder should be of a bright red, and the

kidneys should be covered with fat. If the flesh be clammy and discolored by spots of various hues the veal is unfit for use. The best cuts of veal are the loin and the fillet. It should always be well seasoned, or cooked with pork or ham. It needs to be cooked thoroughly—at least fifteen minutes a pound should be allowed.

**Sweetbreads.**—Recipes for preparing sweetbreads will be found grouped under Sweetbreads pages 381, 382, 383.

**Calf's Brains, Boiled.**—Place in a bowl of cold water two very fresh pairs of calves' brains, wash them nicely, and then put them in clean lukewarm water so as to remove with ease the thin skin which covers them. Rinse again in cold water, and drain them in a colander. Prepare in a saucepan the following *court-bouillon*. Two quarts of water, half a gill of vinegar, one sliced carrot, two sliced onions, three sprigs of parsley, half a bay-leaf, two cloves, four whole peppers, one teaspoonful of salt. Boil for fifteen minutes, then place the brains in the *court-bouillon*. Cook them eighteen minutes, not fast, drain them and put them in the oven to keep warm, covering them with a napkin in order

to keep them white. Serve with hot tomato sauce.

**Calf's Brains, Cutlets of.**—Lay the brains in cold water to whiten. Put them in a stewpan with a little water, a table-spoonful of vinegar, an onion, two or three cloves, a little white wine-salt, and white pepper. Simmer the brains half an hour, then lay them on a sieve to drain. When cold cut them in slices and dip them either in egg and bread-crumbs or butter seasoned with salt and white pepper. Fry them in pure lard. Serve as a side dish or accompaniment to any delicate vegetable.

**Calf's Brains, Fried.**—Cut the brains in four, and soak them in broth and white wine to which add some slices of lemon, a little pepper-salt, thyme, marjoram, cloves, parsley, and shallot, when they have been soaked for about an hour take them out and dip them in beaten eggs, roll in bread-crumbs and fry a light brown. Serve with tartar sauce, and garnish with parsley.

**Calf's Foot, Baked or Stewed.**—Wash a calf's foot very carefully and rub it over with pepper salt and a little powdered cinnamon. Place it in a saucepan or dish and cover it with a pint and a half of water. The knuckle-bone of a ham, the end of a dried tongue or even a few pieces of beef may be added with a little celery, an onion stuck with four or five cloves, and a carrot. Let these simmer either in the oven or on the fire for three or four hours. In either case they must be closely covered. When quite tender, take out the bones, and cut the meat into neat pieces. Strain the gravy skimming off the fat, add to it a table-spoonful of mushroom catsup and thicken it with a dessert-spoonful of ground rice. Let it boil up, then put in the pieces of meat, a squeeze of lemon-juice, a glass of white wine and serve hot.

**Calf's Head, Baked.**—Boil the head, after being well cleaned, until all the

bones may be easily drawn out. Lay the pieces of meat on a dish and cut them into small pieces. Season with cayenne pepper, mace, cloves, nutmegs, parsley, onions, sweet marjoram, and a little thyme, a small bit of each chopped up fine, salt to your taste. Lay some lumps of butter over it and as much water as will cover it, then put it in the oven, and, when baked tender, take the meat out, adding half a pint of Madeira wine and three or four eggs beaten up with butter to the gravy, which must then be thickened over the fire. Keep it stirring during this part of the process, and then pour it hot over the meat, which may then be served.

**Calf's Head, Scalloped.**—Have a calf's head, and the brains, tongue, and heart included. Cook all slowly with as little water as will cover them. Cook the brain separately, but the other parts may be cooked together. When nearly done take from the fire, and cut off all the meat from the head cut up—not chop—the other parts, and put in a baking-dish in alternate layers. Pour in the liquid in which the meat was cooked, season well with salt and pepper and when almost done in the oven pour in a generous glassful of sherry or any kind of white wine. Bread-crumbs and butter are to be put between the layers, and finish with a layer of bread-crumbs and butter.

**Calf's Head à la Vinaigrette.**—Split a calf's head in two, remove the tongue and the brains and put the head in a large pan with cold water for two hours before cooking it. Rub it well, and wash it in plenty of water to make it as white as possible. Dry it with a towel. Rub the whole head with a large lemon. Put back the tongue, but not the brains. Put the head in a clean napkin dipped previously in cold water, and tie up the ends to have it well wrapped up. Place it in a large stewpan with enough cold water to cover it. Season with half a cupful of flour diluted in a little cold water,

and  $\frac{1}{4}$  lb of beef suet cut in small pieces, one table-spoonful of salt, six whole peppers, four cloves, two bay-leaves, a bouquet of six sprigs of parsley, two branches of celery, one small branch of thyme, two sliced carrots, and four ordinary-sized onions. Put the covered saucepan over a hot fire until boiling, then moderate the fire, uncover a little, and cook two hours. Remove the head from the saucepan, take away the napkin, carve the head in two, remove the eyes and all the bones. Remove the skin from the tongue and cut it in two pieces, lengthwise, put each half tongue alongside of the head. Two hard-boiled eggs cut in squares and a few sprigs of parsley tastefully placed give the desired effect of making up a very appetizing dish. The brains have been put in lukewarm water in order to remove every bit of the skins then left in cold water. Cook them by themselves in a small saucepan in some of the broth of the head for eighteen minutes. The broth must be boiling when the brains are put in. The sauce vinaigrette consists of two yolks of hard-boiled eggs, chopped and passed through a sieve, one teaspoonful of shallot chopped and also passed through the sieve, one-half table-spoonful of chopped pickles, one table-spoonful of chopped parsley, one teaspoonful of dry mustard dissolved in one table-spoonful of cold water, two table-spoonfuls of tarragon vinegar, four table-spoonfuls of olive oil, one teaspoonful of salt, two pinches of pepper. Put all these ingredients into a bowl and mix thoroughly, using a silver spoon for three minutes. Serve in a sauce-boat. The broth from the calf's head will make a very good and inexpensive soup. Put into a saucepan one table-spoonful of flour and one table-spoonful of butter, cook four minutes, stirring all the time. Strain two quarts of the broth, pour slowly over, add three table-spoonfuls of the calf's head cut in small squares. Any piece left over will serve the purpose. Add also three hard-boiled eggs, chopped fine, two gills of sherry or Madeira, and a quarter of a lemon,

cut thin. Let cook slowly thirty minutes, and serve hot.

**Calf's Kidneys with Mushrooms and Madeira Sauce** — Thirteen minutes of cooking from start to finish is sufficient for this dish. The ingredients are three veal kidneys,  $\frac{1}{2}$  lb of mushrooms, one and a half gills of consommé, three table-spoonfuls of Madeira, one table-spoonful of butter, one coffee-spoonful of salt, two pinches of pepper. If there is no consommé at hand, one coffee-spoonful of beef extract diluted in one and a half gills of hot water may replace it. Remove the skin from the kidneys and cut each lengthwise in four slices. Take off the fat cut each slice in small pieces. The mushrooms, which are prepared at the last moment should be of medium size, they are peeled whole and put in lukewarm water, with two good pinches of salt and one teaspoonful of vinegar. Remove, and wipe dry with a napkin. This method is excellent to prepare mushrooms for any style of cooking, as it keeps them perfectly white and firm. For this dish they are afterwards cut in slices a quarter of an inch thick. Have at first a full flame under the chafing-dish. Put in the butter, and when it is melted add the kidneys, salt, and pepper. Keep the dish uncovered, and stir with a spoon in order to cook every slice. After two minutes remove the kidneys, lower the flame and add the flour to the gravy stir briskly for two minutes before pouring slowly over the consommé then the Madeira. Mix well, cover, and cook for five minutes. Add the mushrooms, cook two minutes then return the kidneys without the gravy. Cook uncovered for two minutes then extinguish the flame at once as longer cooking will make the kidneys hard.

**Calf's Kidney Pie** — Take four veal kidneys and half its bulk in fat with each. Cut them into slices a quarter of an inch thick, season rather highly with salt and cayenne and add half a teaspoonful of powdered mace for the

whole. Cut the meat from a calf's foot and season it in the same way. Place a layer of kidney at the bottom of a pie-dish, strew over it 2 ozs of finely minced ham, and lay on this the slices of calf's foot. Repeat until the dish is nearly full. Put the hard-boiled yolks of six eggs and half a dozen force meat balls at the top, and pour over them a quarter of a pint of veal stock flavored with lemon-juice. Line the edges of the dish with a good crust, cover it with the same and bake in a moderate oven. Though force-meat balls are an improvement to the pie, they may be dispensed with. They are made as follows: Strain ten or twelve oysters from their liquid, mince them very finely, and mix them with 4 ozs of finely grated bread-crumbs, a table-spoonful of chopped parsley, half a teaspoonful of grated lemon-rind, and a little salt, cayenne and mace. Mix these ingredients thoroughly. Bind them together with the unbeaten yolk of an egg and a little of the oyster liquor, make them into balls and they are ready for use. This pie, which is generally a favorite, should be eaten cold. A good pie may be made with cold kidney and a few slices of the kidney fat from a cold loin of veal instead of fresh kidneys. Time from an hour and a half to two hours to bake.

**Calf's Kidneys, Ragout** — Remove the little hard pieces in the middle, cut the kidneys in small slices, put them with a lump of butter in a saucepan, and fry two minutes. Season with salt and pepper, sprinkle in a little flour, add a few sliced mushrooms and a little bouillon, cook till the sauce thickens, then pour it over the kidneys. A little red or white wine will make a very agreeable addition.

**Calf's Liver and Bacon.**—Cut 1 lb of liver into slices, a quarter of an inch in thickness, and dredge some flour over them. Take an equal number of slices of bacon, fat and lean together. Fry the bacon first, and when

it is done enough draw the rashers from the fat and place them on a hot dish. Fry the slices of liver in the same fat and when lightly browned on both sides dish bacon and liver in a circle, a slice of each alternately. Pour the fat from the pan and dredge a little flour into it. Add a quarter of a pint of broth, a little salt and pepper, and a table-spoonful of mushroom catsup. Stir smoothly together until the sauce boils and pour it into the dish with the liver. Garnish with sliced lemon. If liked a table-spoonful of finely minced gherkins or pickled walnuts may be added to the sauce. Time, a quarter of an hour to fry the liver.

**Calf's Liver Bourgeois** — Procure a nice liver from 2½ to 3 lbs. Cut 1 lb of larding-pork in strips two inches long and not too thick. Season each strip with pepper and salt, then lard the liver. Put in a braisière one table-spoonful of butter and the remnants of the trimming and rind of the pork. Place the liver in it and leave it until nicely brown all over. Remove the liver from the saucepan. Add a dessert spoonful of flour, cook five minutes stirring all the time with a wooden spoon. Season with two pinches of salt, two of pepper, half a pint of dry white wine, one and a half of water, add a bouquet of three sprigs of parsley, one branch of celery, one small bay leaf, three onions and two cloves. Put the liver back again in the saucepan, cook one hour and a half over a slow fire. Add to it lastly, one pint of small new carrots and a half-pint of small new onions, cook half an hour longer. Serve the liver on a warm platter, arrange the vegetables, strain and pour the gravy over. The white wine will give an excellent taste and prevents the gravy from being greasy, but if no wine is at hand the same quantity of rich good stock will answer.

**Calf's Liver, Broiled.** — Cut the liver into thin slices, wash it, and let





place not much veal (tuffins) is possible. Trim the edges of the meat together and sew them with twine or fasten them with skewers, that the force meat may not escape. Put the veal in a moderately hot oven. Bake it liberally. When done enough take it up, pour melted butter over and send fried crackers of bacon to table with it. Time to roast the veal two to two and a half hours.

**Veal, Cold, To Ragout** — Cut the white part of the cold veal into small round cutlets about one third of an inch thick and free from skin and sinew. Hack up the bones of the veal and with them the fat and trimmings of the meat and mix flavoured ingredients that may be chosen make a little good gravy. Strain this and thicken it with a small piece of brown thick cream or with a small slice of butter. Set on the gravy rather highly with pepper, nutmeg and mace, and mushrooms powder. Flour the slices of veal and fry them in hot fat till they are lightly browned. Drain them, put them on a dish, pour the gravy over and serve very hot. Time, an hour or more to make the gravy.

**Veal Croquettes, a la Stuart** — Boil for thirty minutes 2 lbs. of veal together with an onion, cut small and some parsley in a pint of stock to which add the liquor from one box of mushrooms season to taste with salt, pepper, and spices when done, take out the veal, strain the gravy and add to it a little roux, reduce by boiling, next add in egg and a handful of bread crumbs, mix well and season with a little grated nutmeg and chopped parsley, add the veal  $\frac{1}{2}$  lb of ham and a tin of mushrooms chopped fine allow to cool separate into small neat pieces, dip them into beaten egg and roll in bread-crumbs, repeat once or twice, drop the croquettes into boiling lard and fry a light brown, when cooked, drain and set aside to cool. Dish in the shape of a pyramid, and garnish with cresses.

**Veal Curry** — Veal may be curried whether it is cooked or not. The fresh meat is, of course, to be preferred though the other is very good. To curry fresh veal take about 2 lbs of veal from the breast or cutlets from the neck. Cut it into neat pieces convenient for serving rub these over with curry powder and fry them in hot fat till they are brightly browned. Take them up put them into a saucepan with a pint of stock and simmer them gently till tender. Slice a large onion and mince in apple finely. Fry these in the fat in which the veal was fried till they are quite soft. Rub them through a sieve then mix with the pulp a table spoonful of curry paste, a desert spoonful of ground rice, a pinch of salt and a teaspoonful of finely minced lemon rind. Add gradually the stock in which the veal has simmered let the sauce boil up put the cutlets in again and simmer all together over a gentle fire for half an hour. Place the meat on a dish pour the sauce over and send rice boiled for curry to table on a separate dish. If liked a little lemon juice may be used instead of the sour apple, and milk may be substituted for the veal stock. Some cooks put a clove of garlic into the curry but this is a matter of taste. Time to simmer the veal, three quarters of an hour in the stock and half an hour in the gravy.

**Veal, Cutlets of** — When the rack of veal is chosen, divide each bone separately, break an egg, and wet the pieces with it, then roll them in bread crumbs and afterwards fry in lard. Make a nice gravy with butter, pepper and salt mixed with the bread-crumbs. Any part of the veal almost, cut into small pieces may be dressed in the same way. This dish must be thoroughly done to be good. Either a quarter of lamb or shute, cut up into small pieces—that is to say the usual size for chops—may be dressed in the same way, and will be found very nice.

**Veal Cutlets a la Milanaise** — Trim the cutlets into a uniform

shape and dip them in melted butter. Then dip them in a mixture of equal parts of bread-crumbs and grated Parmesan cheese, peppered and salted. Then dip them in a beaten-up egg and pass them through the mixture again, then fry them brown. Boil a small quantity of macaroni, dress it with butter, Parmesan cheese, and tomato sauce, with the yolk of an egg stirred into it. Place the macaroni on a dish and the cutlets in a circle round it.

**Veal Cutlets with Noodles**—Have ready six French veal chops. When the chop is breaded it must weigh about  $\frac{1}{2}$  lb. Season on each side with half a pinch of salt, half a pinch of pepper. Dip the chop in two tablespoonfuls of melted butter, and then in the bread-crumbs, see that each side is well covered. Put in a flat saucepan or in a baking-pan two tablespoonfuls of butter, is soon as melted arrange the chops side by side in the pan, cook on a moderate fire seven minutes for each side without covering turning them once only with a lifter. In order to keep the chops juicy, cook them to a golden brown not dark. The meat of the veal must be very white. Serve them on noodles with a bechamel sauce. This sauce can be recommended for serving with a number of dishes. It is exceedingly delicate and very appropriate for vol-au-vent with fish. A bechamel for noodles medium size, requires  $1\frac{1}{2}$  lbs of veal cutlet and  $\frac{1}{2}$  lb of raw ham, very lean, and cut in small pieces. Put in the saucepan one tablespoonful of butter two medium-sized carrots two onions,  $\frac{1}{4}$  lb of mushrooms, two branches of celery two sprigs of parsley—all sliced or chopped, add one clove quarter of a bay-leaf four whole peppers and half a teaspoonful of salt. Cook ten minutes, stirring with a spoon from time to time, sprinkle over one tablespoonful of flour, cook for five minutes again still stirring, then pour slowly over it one and a half quarts

of good stock. Cook one hour in a covered saucepan on a slow fire. Strain through a sieve, put the sauce back in a clean saucepan, and add one pint of good cream. Cook slowly for twenty minutes. This sauce must have the consistency of very thick cream. In case it should not be thick enough, reduce it by cooking a few more minutes in the pan uncovered. It can be strained through the silk strainer.

**Veal Cutlets, or Wiener Schnitzel**—Beat up an egg and well soak some veal cutlets in it, dip them in bread-crumbs and fry them in butter on both sides. As soon as they are cooled take them out, drain, and lay them round a dish, place some grated horseradish and chopped anchovies in the centre, and serve with a sauce "demiglace." The "sauce demiglace" is made as follows. Take the trimmings of the veal, put them in a saucepan with a little stock, onions, carrots, and bouquet of herbs. Let all simmer together until the meat is in rags. Skim often. Pass all through a sieve, and clarify with the white of an egg, well beaten. Strain again and place over the fire until the sauce is sufficiently thick. Serve with the cutlets.

**Veal a la Daube.**—Bone a shoulder of veal, season, and fill the hollow with force-meat sew the opening, and cover the veal with slices of bacon, place in a stewpan together with the bones and trimmings, and a little veal broth or jelly add a bunch of sweet herbs mace pepper, salt, and two anchovies. Cover very close, and simmer for two hours, shaking the pan occasionally. Strain the gravy and glaze the veal with it.

**Veal, Epigrammes of.**—Trim off the surplus fat from a fore-quarter of veal. Put in a saucepan and add a sliced onion a sprig of celery tops, salt, and a whole pepper. Cover with hot water or soup stock, and simmer until the bones can be easily removed. Place

it between two platters, on top of which put a heavy weight, and let it become cold. Strain the sauce to free it from fat, and hold it in reserve. Cut the veal into neat pieces of equal size, dip them in beaten egg and bread-crumbs, and strew over them a little salt and pepper, dip again in egg and again roll in crumbs. Have on the range a liberal quantity of fat, when it is smoking hot, fry the pieces a delicate brown. Heat the sauce thicken it with a little brown flour, taste for seasoning.

#### Veal Escalops with Cream Sauce.

—Cut 3 lbs of cutlet veal into twelve even oblong or oval slices not too thick flattening them into shape with a kitchen knife dipped in cold water. Season each piece on both sides with half a salt-spoonful of pepper and a whole one of salt. In a saucepan melt two table-spoonfuls of butter and put in the slices taking care that they do not touch each other. Cook over a moderate fire four minutes on each side. When done they should not be brown. Remove and dress on a hot platter, crown-shape. For the cream sauce put in a small saucepan one table-spoonful of butter and one of flour. Cook four minutes, stirring well with a wooden spoon but do not let it brown. Pour slowly over while stirring half a pint of hot broth and half a pint of good cream. Cook slowly ten minutes. Mix well in a bowl the yolks of two eggs, two table-spoonfuls of raw cream, one table-spoonful of butter, remove the gravy from the fire and add this thickening, stirring constantly. Pour the sauce, which should be thick and rich over the hot escalops. This is a savory dish prepared in a chafing-dish for an evening supper. Any roasted white meat left over from the previous day may be used instead of the veal. Cut the meat in thin slices and put them in the gravy before adding the thickening. To remain tender the dish should not at any time be brought to the boiling-point but should be kept at a good steady heat all the time.

**Veal, Fricandeau of.**—Take about 3 lbs of the fat, fleshy side of a fillet of veal of the best quality, or a slice about four inches thick. With one stroke of the knife cut it even, trim it into an oblong or oval shape, then lard thickly and evenly with thin strips of fat bacon. Slice two carrots, two turnips and two onions and put these into the centre of a stewpan with two or three slices of bacon, the trimmings of the meat, a bunch of sweet herbs two bay-leaves, and a little salt and white pepper. Put the fricandeau on the vegetables, and pour in about a pint of stock or as much as will cover the bacon without touching the veal. Cover the saucepan closely and let its contents come slowly to a boil, then stew very gently by the side of the fire till the meat is quite tender. Baste frequently with its liquor. A short time before it is to be served, take it up and put it into a well-heated oven to crisp the bacon. Strain the gravy skim the fat from it. Boil it quickly into glaze and baste the fricandeau with it till it looks bright and glossy. Serve with the larded surface uppermost in the centre of a purée of any vegetables that are in season—sorrel, spinach endive asparagus pease, etc. If liked the gravy may be simply strained skimmed and poured over the meat and then the dish is fricandeau with gravy. Sometimes as a matter of economy, the lean part of the best end of a large neck of veal is used instead of the prime part of the leg and does nearly as well. Truffles, mushrooms and artichoke bottoms may all be served with this dish. Time to stew the fricandeau, about two hours and a half.

**Veal, Fricassee of.**—Take 2 lbs, or more if required of lean veal free from skin and bone. Cut this into small thick pieces convenient for serving and fry them in hot butter until the flesh is firm without having acquired any color. Dredge a table-spoonful of flour upon them, add a small strip of thin lemon rind, and gradually, as much boiling white stock as will cover

the meat. Let it simmer very gently till tender. Take out the lemon rind, flavor the gravy with salt, cayenne, and pounded mace, and mix with it a quarter of a pint of boiling cream. Beat the yolks of two eggs in a bowl, add gradually a little of the sauce (first allowing it to cool for a minute or two) then add it carefully to the rem under. Let the saucepan remain near the fire for three or four minutes till the eggs are set, add the strained juice of half a lemon, and serve immediately. A few fried truffles or bacon should be served with this dish. A pint of stewed mushrooms may be served with it or not. The remains of dressed veal may be served in this way. Time, about half an hour to simmer the veal.

**Veal Galantine**—Trim all the fat from a large, thin veal steak. Make a force-meat of a cupful of minced ham, half a cupful of bread crumbs, a dozen stoned and minced olives, salt and pepper to taste. Moisten this mixture with enough milk to make it into a thick paste. Lay the veal steak upon a pastry-board spread it with the force-meat, roll it upon itself and sew this roll up tightly in a piece of muslin. Put into a pot with enough seasoned veal stock to cover it and simmer for at least three hours. Let the meat get cold in the liquor then remove the cloth and set under a heavy weight in a cold place until wanted. This galantine is very nice served with a jelly made by adding 1 oz. of gelatine to a pint of skimmed, cleared and seasoned veal stock. Pour into a border-mould to form.

**Veal and Ham Pie.**—Remove the bones of a breast of veal which use for gravy, stewing them long and slowly, put a layer of veal pepper and salt then a sprinkling of ham if boiled cut in slices, if raw, cut a slice in dice, which scald before using, then more veal, and again ham. Force-meat balls or chopped hard-boiled eggs, and binding into a

paste with raw eggs, then make into balls, which drop into the crevices of the pie, boil two or three eggs quite hard, cut each into four and lay them round the sides and over the top, pour in about a gill of gravy, and cover with pastry. The forcemeat may be left out and sweetbread, cut up, or mushrooms put in.

**Veal, Jellyed**—Take a knuckle of veal wipe, put in a kettle, cover with cold water, and bring slowly to a boil, skim and let simmer for two hours, add a slice of onion, a blade of mace, a dozen whole cloves, half a dozen peppercorns, half a teaspoonful of ground allspice, and one grated nutmeg, let simmer gently for one hour longer. Take the joint of veal up, remove the bones and gristle, put the meat in a square mould, strain the liquor, and boil until reduced to one quart, add half a teaspoonful of vinegar, the juice of a small lemon, with pepper and salt, pour it over the meat and stand aside overnight to cool. When ready to serve, turn carefully out of the mould, garnish with parsley and thin slices of lemon. Slice very thin.

**Veal, Jugged**—Take from 2 to 3 lbs. of lean veal, cut it into neat slices convenient for serving, and season with salt, cayenne, and powdered mace. Put the slices into an earthen jar pour over them half a pint of strong stock, and add a small bunch of sweet herbs and a roll of thin lemon rind. Cover the jar closely by tying over it two or three folds of paper. Put it in a dripping-tin three parts filled with boiling water and place it in a moderately heated oven. Let it remain till the meat is tender. Take it out remove the herbs and the lemon-rind, thicken the gravy with a little brown thickening, add the strained juice of half a lemon and serve the meat on a hot dish with the gravy poured over it. Time to stew the meat two hours and a half to three hours.

**Veal Loaf** — Three and a half pounds of uncooked veal,  $\frac{1}{2}$  lb of salt pork (which may, of course, be omitted if so desired), have the veal and pork chopped very fine by your butcher, half a cupful of melted butter, six crackers (preferably soda-crackers), rolled fine two eggs, a grated nutmeg, a small piece of onion, a little chopped parsley. Form into a loaf cover with bread-crumbs and small pieces of butter, bake in a dripping-pan with plenty of water, and baste frequently, bake two hours

**Veal, Marble** — Boil and skin a smoked tongue, beat it in a mortar, together with 1 lb of butter and a little mace, till it is like paste prepare some veal in the same manner. Put some of the veal in the pot, and place some of the tongue over it, then some veal, next some tongue, repeat till the pot is full press it down and pour clarified butter over it. Keep in a dry place, and cut in thin slices before sending to the table

**Veal, Minced** — This makes a most delightful supper dish. Choose a shin of veal with about 3 lbs of meat on it. Boil it in a small quantity of water. When the meat seems entirely done, take it out, laying it away from the air, but not wrapping it in a cloth, save all the liquor in a separate dish. The next day cut the meat off make it very fine, but not quite so fine as mince meat, about half an hour before you wish to send it to table, put it over the fire in a covered stewpan with the liquor, have ready about half a pint of drawn butter (hot), and eight or ten hard-boiled eggs remove the shells save out two mince the rest and add to the meat, etc. Take off the fire at once, season with salt cayenne pepper and a small quantity of black pepper, and, if desired a very little wine. Cut in slices the two eggs and after the meat has been placed in the dish for table, garnish it with them. It should be sent hot to table

**Veal Olives** — Cut small pieces of veal as if you were going to make cutlets, and spread them on a table. Make a seasoning of crumbs of bread, pepper, salt, and sweet herbs that are agreeable. Strew the seasoning on the meat, roll them up, and tie them. Put a little butter in your saucepan, and when it is quite hot drop in the veal balls, or olives, which have been dusted with flour. Stir gently until light brown and until thoroughly done. Add enough boiling water to make a little gravy, a little lemon-juice and Madeira or sherry, may be added

**Veal, Pain de Foie** — Cut in small pieces 2 lbs of fresh calf's liver and 1 lb of larding-pork chop together very fine. Chop, also separately one table-spoonful of parsley and add it. Chop one table-spoonful of white onion and put it in a small saucepan with half a table-spoonful of butter, cook for two minutes add it to the liver. Cook for ten minutes one pint of bread cut in fine slices in half a pint of broth the bread must become perfectly dry. Add it also to the liver, season with one tea-spoonful of salt, one salt spoonful of black pepper, mix well and pass through a strainer then put it in a mortar or a chopping-bowl, pound it till very smooth, add  $\frac{1}{2}$  lb of cooked smoked tongue, cut in small pieces also three raw egg yolks and two whites mix very well and finish with one white of egg beaten stiff. Butter a plain mould of one and a half quarts. Sprinkle all over the inside of the mould with half a pint of fresh bread-crumbs fill up the mould with the purce and pack it well. Put over the top a piece of well buttered, white paper. Put the mould in a saucepan filled two-thirds with warm water and cook in a moderate oven for one hour. Unmould over a platter and serve warm or cold garnish around and on top with some watercress. If put in a cool place it will keep four or five days. Time for cooking, one hour

**Veal Pie** — Take  $1\frac{1}{2}$  lbs of veal cutlets a quarter of an inch thick and free from skin and bone, also  $\frac{1}{2}$  lb of thin ham. Season the meat with a little salt, pepper, grated nutmeg, grated lemon-rind, and powdered mace, and let the quantity of salt used be regulated by the quality of the ham. Divide the meat into pieces an inch and a half square, put it in layers into a buttered pie-dish, and pour over it four table-spoonfuls of cold stock or water. Intersperse among the pieces of veal the yolks of four hard-boiled eggs and four force-meat balls, together with four button mushrooms, or a truffle, if these can be had. The pie, however, will be very good without them. Line the edge of a dish with good pastry, cover with the same trim with a sharp knife, and ornament the pie. Make a hole in the centre that the steam may escape, and bake the pie in a moderate oven. Have ready some nicely seasoned veal gravy to pour into the pie after it is baked. Lay paper over the pastry in the oven to keep it from browning too much. Time to bake the pie, two hours.

**Veal, Potted** — Season a slice of the fillet of veal with some mace, peppercorns, and two or three cloves put it in a pot that will just hold it, fill it up with water and bake it for three hours when cooked pound in a mortar, with salt and pepper to taste, add a little of the gravy put in the pot and cover with butter.

Another way — Pound some veal as in the preceding recipe, fill the pot with layers of the veal and alternate layers of ham pounded, press down and cover with butter.

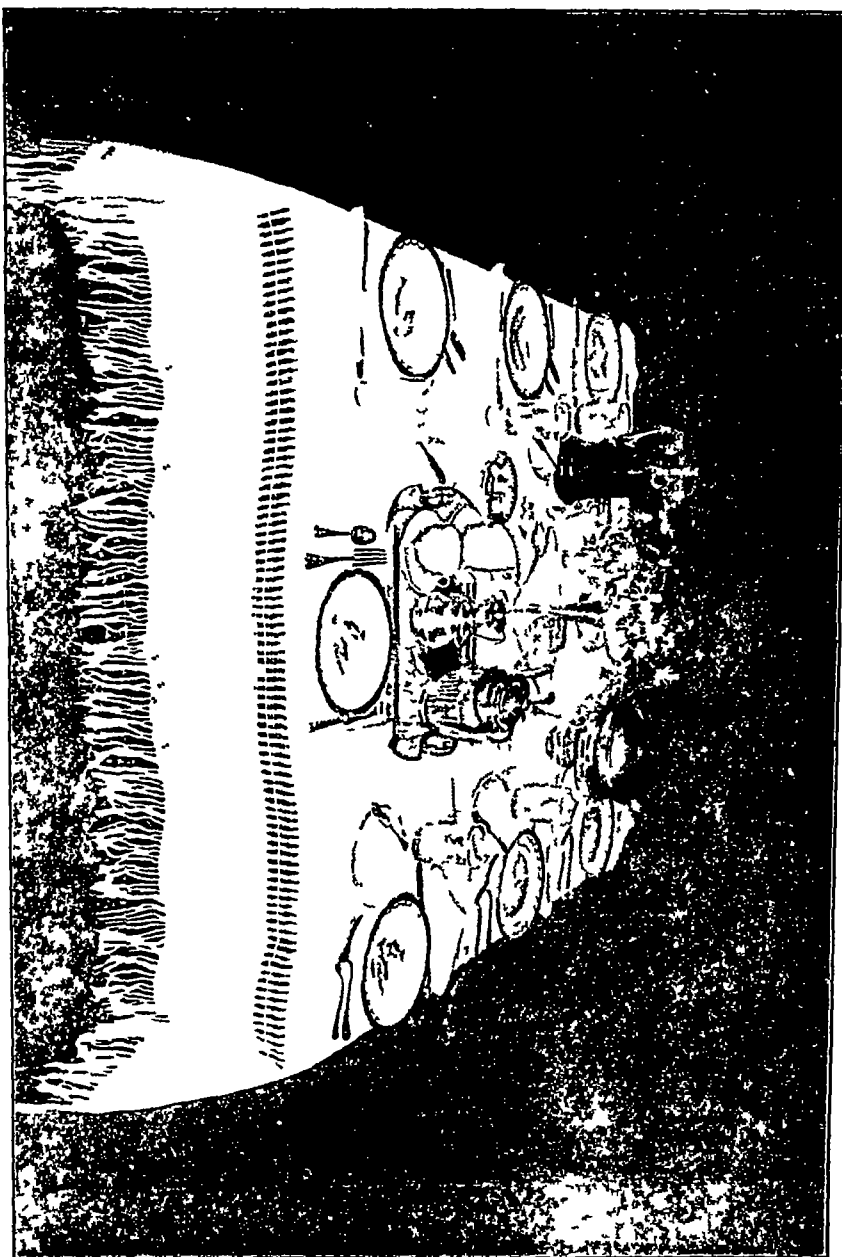
**Veal, Provençal** — Cut in pieces three inches long and one inch wide 3 lbs of nice white fat breast of veal. Wash in lukewarm water, and dry it well with a clean towel. Put in a skillet one table-spoonful of butter and three of olive oil and when the butter is melted put the meat in it

and let the pieces of veal get brown for fifteen minutes. It must be of a golden color all over. Have the saucepan uncovered and stir from time to time. After being browned, season with one teaspoonful of salt, one salt-spoonful of black pepper, one large white onion, chopped, one teaspoonful of chopped shallots, one clove of garlic, whole, one bouquet of three sprigs of parsley, half a bay-leaf, two cloves, add three good-sized tomatoes. Remove the skin and seeds from the latter previously, and cut them in small pieces. Add also half a pint of good broth. Stir everything, cover the saucepan, and let cook for one hour, not too fast, stirring three times during the cooking. Dress the meat on a hot platter. Remove the bouquet and the clove of garlic and pour the gravy over the meat. This dish must be served very hot, and if the garlic is objected to it may be omitted. A fowl carved and prepared in the same manner would also be very good and make a nice dish at very little cost.

**Veal, Rissoles of** — To 1 lb of cold veal finely minced allow half a teaspoonful of grated bread-crumbs, a teaspoonful of powdered sweet herbs, a teaspoonful of grated lemon-peel, a pinch of cayenne pepper and two well-beaten raw eggs. Mix all the ingredients well together, adding the eggs last. Flour the hands, and form the mixture into balls about the size of a hen's egg. Fry them in boiling lard till a delicate brown and serve with slices of lemon placed round the dish.

**Veal, Roast** — Take out the bone, fill the space with a fine force-meat, and let the fat be skewered quite round stuff it also well under the skin with bread sage, chopped onions, and parsley, very much depending on the quantity and flavor of the stuffing. Cover the fat with buttered paper and roast at a distance from the fire, or if baked in an oven, bake slowly basting often until it is

TABLE SET FOR AN INFORMAL SUNDAY EVENING SUPPER







thoroughly done Serve with melted butter

**Veal, Roulade of** — Remove the bone from 3 lbs of veal, lay it flat, and sprinkle it with chopped parsley, sweet herbs pepper, and salt, lay over this slices of bacon roll it up and tie securely, rub a little lard over the outside, and roast in a quick oven for two hours, basting frequently Allow to cool and garnish with parsley or cresses

**Veal, Saddle of, Larded, with Chicory** — From a nice saddle of veal about 10 lbs, remove the skin at the top and also most of the fat which surrounds the kidneys Sprinkle over it two pinches of salt and one of pepper, and rub in well then bring together the two ends and join them with a skewer Put 1 lb of larding-pork cut in small strips in a bowl of ice-water one hour before using With a medium sized larding-needle lard the saddle Sprinkle with two pinches of salt and pepper Cut in small pieces all the fat and put over the meat Cover with a buttered paper Put in oven and cook two hours After the first half hour baste every fifteen minutes Remove all fat from the surface of the gravy and strain Put the hearts of six large heads of chicory aside to be used as a salad Wash the balance in several waters, and boil in plenty of boiling water with half a table-spoonful of salt for thirty minutes Drain through a colander then plunge in cold water Squeeze well Chop fine, and strain Put in a saucepan half a table-spoonful of butter and the same of flour Cook three minutes stirring Put the chicory in it mix well add one gill of good consommé Cook eight more minutes remove from the fire, and finish with two table-spoonfuls of *glacé de viande* Serve around the saddle

**Veal Salad** — One and one-half pounds of veal, one pork chop, boiled

until tender, then chopped very fine Mix together equal quantities of cabbage and celery, chopped fine Measure the chopped meat, and add to it the same quantity of the cabbage and celery with a teaspoonful of celery seed and salt to taste Dressing Yolks of four eggs, one cupful of cream half a cupful of strong vinegar, teaspoonful each of mustard, pepper, and salt and a tablespoonful of sugar Boil and stir until thick and smooth When ready to take from the fire add butter the size of a walnut When cold, pour over the veal and cabbage mixture

**Veal, Shoulder of, Larded** — Have every particle of bone removed from a nice fat shoulder of veal roll it up tight and put two skewers at each end or use a piece of twine Cut in small strips  $\frac{1}{4}$  lb of larding-pork, and lard all the top of the shoulder Remove the rind of  $\frac{1}{2}$  lb of bacon, cut it in thick slices and garnish the bottom of a brazier with them Add one table-spoonful of butter to the bacon When hot put the meat over it and let it brown for twelve minutes Pour over slowly while stirring one quart of hot broth (if not at hand half a teaspoonful of beef extract diluted in the same quantity of warm water as of broth will answer) Season with one large carrot two red onions a bouquet of a small bay-leaf three sprigs of parsley half a branch of white celery two cloves, a very tiny branch of thyme one teaspoonful of salt and one salt-spoonful of black pepper Put only half of this seasoning if broth is used Have all the bones cut in pieces add them, and also one calf's foot cut in four or half of a veal knuckle They must be plunged first in boiling water, and drained on a clean towel Place also a piece of buttered paper over the saucepan and put on the cover Cook on a slow fire constantly for two hours and a half Remove the skewers and pour half of the gravy over the shoulder through a strainer serve the other half in a sauce-boat



ty of boiling water With both, the water should be drained off when the roots are tender, and they should finish cooking in their own steam Green vegetables should be put into plenty of fast-boiling salted water They should be quickly boiled, and the lid should be left off the pan If they are of good quality they will not need soda—indeed, soda will spoil them If the water boils from the moment that the vegetable is immersed in it the albumen is partially coagulated near the surface, and serves to retain the virtue of the vegetable The reverse is of course, the rule for making soup, or any dish from which the water will not be drained By placing the vegetables in cold water the albumen is slowly dissolved, and actually mixes with the water—a process most necessary for the production of nutritious soup Dry vegetables as a rule are cooked in cold water gradually heated to the boiling-point

*Vegetables, Insects Cleared from* —Put plenty of cold water into a large pan and add salt in the proportion of a large table-spoonful to two quarts of water Lay the vegetables in the stalk uppermost, and shake them occasionally This will cause the insects which hide between the leaves to fall out and sink to the bottom of the pan If liked, a small proportion of vinegar may be added to the water instead of salt and this will answer the same purpose

*Vegetables To Make Tender* —When pease French beans and similar vegetables are old or when the water in which they are to be boiled is hard a very small piece of soda may be thrown in with them, and this will serve to make them tender and of a good color If too much soda is put in the taste of the vegetables will be entirely spoiled

*Vegetables, Keeping of* —When it is necessary to keep vegetables for a day or two spread them out on a cellar floor or keep them in a perfectly dry, cool situation, but not exposed to currents of air Be careful that

each kind of vegetable is kept away from the other kinds, to prevent deterioration in flavor Examine them daily to ascertain that they are not withering Carrots turnips, beets, parsnips, potatoes, and beans keep best in dry sand or earth in a cellar The mould which hangs about them should be left upon them, and if any sprouts appear, they should be carefully removed Cabbages, if spread out on earth in a cool cellar will keep good for two or three months Celery and leeks also may be kept for two or three months in a cellar, in boxes filled with earth The stalk ends of asparagus and cucumbers, on the contrary, should be placed in about two inches of cold water Store onions should be hung in a cool, dry place Vegetables should not be washed or placed in water until a short time before they are to be used

*Vegetables Preserved by Drying* —A convenient method of preparing desiccated vegetables, as practised largely in some countries consists in drying them for a short time and then exposing them to a slow heat in ovens When soaked for cooking pease roots potatoes beets, corn and other vegetables swell out and show very little change in their esculent properties A modification of this process consists in placing the vegetables after being sun dried in paper bags which are pasted up at the mouth, and then covered with sand and heated till perfectly crisp but not burned or materially altered in color

*Vegetable Essences, To Extract* —The flavor of various herbs may be extracted as follows Pick the leaves, and put them in a warm place for an hour or two Fill a large, wide mouthed bottle with them and pour upon them wine, brandy spirits of wine or vinegar Let them soak for a fortnight Strain the liquor and put it into small bottles for use

*Vegetable Cutters* —By means of these little instruments, which can be bought in any house furnishing store vegetables are cut into fanciful shapes to the great improvement in appear



flour. When all are well mixed put the heads of artichokes into it and stir it only for three or four minutes until every piece of artichoke is well covered. Fry gently in hot fat being careful that the vegetable cooked through but is well browned. Drain off the fat pile the slices on a napkin and crush with a little fried parley. Time to fry a quarter of an hour.

**Artichokes à la Italienne** — Well wash trim and quarter the artichoke and boil them in salt and water until tender. Remove the choke drain thoroughly and arrange them on a dish with the leaves outward and interperse them with watercress. Pour good white sauce flavored with stewed mushrooms over them. Time to boil the artichokes half an hour.

**Artichokes Jerusalem, Boiled** — Peel the artichokes and throw each root into cold water and vinegar immediately to preserve the color. Put them into boiling water with a little salt until sufficiently tender for a fork to pass through them easily, then pile them on a dish and serve as hot as possible with melted butter or white sauce poured over. Time to boil about twenty minutes. They should be tried with a fork frequently after a quarter of an hour as they will become black and tasteless if allowed to remain on the fire longer than necessary.

**Artichokes à la Poivrade** — Take four or five young artichokes, trim them remove the chokes cut off the lower leaves divide them into four, and throw them into vinegar and cold water to preserve the color. When wanted, drain them from the vinegar and water put them into a dish and serve like radishes. Pepper salt oil, and vinegar should be sent to table with them.

**Asparagus, Boiled** — Scrape off the white skin from the lower end of a

bunch of asparagus and cut the stalks of equal length. Let them lie in cold water until it is time to cook them. Put a handful of salt into a gallon of water let it boil. Tie the asparagus in bundles and put them into it. Toast a slice of bread brown on each side dip it in the water and lay it on a dish. When the asparagus is sufficiently cooked, dish it on the toast leaving the white ends outward each way. Send melted butter or white sauce to table with it. Time to cook about twenty minutes. If inclined to be slightly bitter add a lump of loaf sugar to the water.

**Asparagus, French Method of Cooking** — Wash and boil the asparagus about twenty minutes then drain them and cut off the heads and about two inches of the tender part of the stalks mince them small and mix with them an onion also chopped small. Add the well-beaten yolk of an egg salt, and pepper. Heat it, put a slice of toast upon it and pour a good sauce over all or sippets of toasted bread may be placed under it.

**Asparagus, Ragout of** — Take the tender parts of boiled asparagus, mince some parsley and young onions with a few leaves of lettuce put them in a saucepan with butter, a little water salt and pepper, a little nutmeg and a pinch of flour, simmer stirring occasionally until done. Scald the asparagus in this and serve very hot with croûtons of fried bread and egg sauce.

**Asparagus Tips as Pease** — Take off about two inches of the head-ends of the asparagus cut them into pieces about the size of pease, and put them into a saucepan with some cold salt and water. Let them boil about ten minutes, then take them out drain them, melt a piece of butter the size of an egg in a saucepan, and place them in it. Shake the saucepan over the fire for a few minutes, then sprinkle a dessert spoonful of flour



The mould should be hot and kept hot until ready to serve, then turn out

**Beans, Lima, a la Poulette**—Boil one quart of young, broad beans over a quick fire until nearly done, then put them into a stewpan with sweet herbs very finely cut, a little sugar, half a pint of stock, pepper and salt at discretion. Before beginning to stew, see that the beans are well drained from the water in which they were boiled. Stew until half the liquor is absorbed and just as they are on the point of simmering beat up the yolk of an egg with a quarter of a pint of cream, and add it to them. Time, ten minutes to boil, fifteen to stew.

**Beans, Lima, to Stew**—Have ready a good rich brown gravy. Cut up some small onions, chives, and parsley, throw them into the gravy and simmer for ten minutes before the beans are put in. Sprinkle a quart of beans with two teaspoonfuls of salt one of pepper and one of sugar, mix together and put them into the gravy. Stir the beans gently over a slow fire till the gravy is absorbed by them. In ten minutes serve them up.

**Beans, String**—Boil and drain the beans in the usual way and put them into a stewpan with some butter thickened with flour. Add chopped parsley, thyme chives etc., and a small cupful of stock season to taste with salt and pepper. Stew for some time then thicken with two eggs well beaten up with a little milk or cream and serve quickly. A little lemon-juice may also be added. Time to stew, ten minutes.

**Beans, String, Boiled**—No mode of cooking can make very old ones eatable. Put them as they are prepared into cold water. They are cut according to taste—lengthwise into thin strips, or obliquely into a lozenge form. The strings should be drawn off with the tops and stalks when they

are come to their proper growth. Put them into a large saucepan of boiling water, slightly salted, allow the steam to escape, and keep boiling very fast until tender. Time, fifteen minutes if young, twenty to twenty-five minutes if old.

**Beans, String, a la Bretonne**—Put some butter into a stewpan with chopped onion and a little flour. Brown, but do not blacken the butter. Pour in a little broth, or water. Stir till it is slightly thick, and season with salt and pepper. Put in the haricots already cooked and boiled, simmer them about twenty minutes in the broth and serve hot.

**Beans, String, a la Française**—Cut and boil 1 lb of French beans, drain well and put them into a stewpan over the fire to dry or absorb the moisture, shake the pan, that they may not burn. When quite free from the water, add 3 ozs of fresh butter, the juice of half a lemon, pepper salt and a table-spoonful of good gravy. Keep shaking the stewpan until the beans are quite hot and serve quickly. Time, quarter of an hour to boil ten minutes to stew.

**Beans, String, with Gravy**—Dissolve 4 ozs of butter in a pan and stir into it 3 ozs of flour till it becomes brown and quite smooth. Mix a little gravy, and season with salt, pepper and nutmeg. Take any quantity of this sauce and simmer the beans previously boiled, for twenty minutes.

**Beans, String, a la Maître d'Hôtel**—Prepare and boil 1 lb of beans in the usual manner see that they are well drained from the water. Keep them hot and when dry put them into a stewpan with 2 ozs of melted butter, half a teaspoonful of chopped parsley, a little salt and a tea-spoonful of lemon-juice. Shake the pan over a brisk fire mix well, and serve hot in eight minutes.

**Beans, String, Omelet of** — Cut up two table-spoonfuls of French beans into small pieces, and stir them into four eggs which have been previously beaten, next add two table-spoonfuls of grated cheese, and pepper and salt to taste. When thoroughly mixed put the whole into a delicately clean omelet-pan with 2 ozs. of butter and fry a pale brown. Time, three to five minutes.

**Beans, String, a la Provençale** — Brown some slices of onion with oil instead of butter, make them of a light brown, and add some French beans that have been prepared and boiled in the ordinary way, with chopped parsley, thyme, chives, and bay-leaf. As soon as the vegetables are done, remove them on to a dish, put a little vinegar into the pan, boil up, and throw over the beans. If oil be disliked fry the onions in butter and add gravy instead of vinegar. The juice of a lemon is sometimes preferred.

**Beans, String, Salad of.** — Take cold beans which have been well drained from the water. Saturate them with vinegar, and let them lie in it for twenty minutes. Drain again and add some oil if liked, and a little pepper and salt. Beans may be eaten with any salad sauce.

Beets retain their sugary delicate flavor to perfection if they are baked instead of boiled. Turn them frequently while in the oven using a knife as the fork allows the juice to run out. When done remove the skin and serve with butter, salt, and pepper on the slices.

**Beets, Boiled.** — Excellent as a salad and as a garnish for other salads it is very important on account of its beautiful bright color. In cleansing it before boiling take care not to break the skin or it will lose its color and become sickly looking. Remove it from the saucepan, carefully peel, and trim nicely. Serve

cut in slices and with melted butter in a tureen.

**Beets, Stewed** — Wash and boil till tender. Remove the skins and cut into thin slices. Roll  $\frac{1}{2}$  oz. of butter in flour, and melt it in rather more than half a pint of water, adding a table-spoonful of vinegar, and salt and pepper to taste. Put the slices of beet into the liquid, cover the saucepan closely, and allow all to stew for an hour and ten minutes. Care must be taken not to cut the beet-root before boiling, as the color would be destroyed by so doing. Serve the stew with a garnish of boiled button-onions.

**Brussels Sprouts** — Pick, trim, and wash. Put them into plenty of fast-boiling water. The sudden immersion of the vegetables will check the boiling for some little time, but they must be brought to a boil as quickly as possible, that they may not lose their green color, add a table-spoonful of salt, keep the saucepan uncovered and boil very fast for fifteen minutes. Lose no time in draining them when sufficiently done, and serve plain or with a little white sauce over the top.

**Brussels Sprouts, Sauté.** — Wash and drain 1 lb. of sprouts, put them into boiling water for fifteen minutes, with  $\frac{1}{2}$  oz. of salt to each gallon, and when done dry them on a clean cloth. Dissolve  $\frac{1}{2}$  oz. of butter in a pan, and shake the sprouts in it over the fire for a minute or two season them with pepper salt and a little nutmeg and serve very hot. Small sprouts have the most delicate flavor.

**Brussels Sprouts** — Trim the heads and remove the withered leaves of one quart of fresh Brussels sprouts. Wash them and rub them well in cold water to remove all the sand. Put them in two quarts of boiling water for five minutes, drain them, plunge them in cold water, drain again, then put them in one quart of boiling water





it, and mix with it, very gradually, a cupful of milk or cream. Serve on a hot dish. Time, half an hour.

**Cabbage Equal to Cauliflower** — Remove the outer leaves from a solid, small-sized head of cabbage, and cut the remainder as fine as for slaw. Have on the fire a spider or deep skillet, and when it is hot put in the cut cabbage pouring over it right away a pint of boiling water. Cover closely, and allow it to cook rapidly for ten minutes. Drain off the water and add half a pint of new milk, or part milk and cream, when it boils stir in a large teaspoonful of either wheat or rice flour, moistened with milk, add salt and pepper, and as soon as it comes to a boil, serve. Those who find slaw and other dishes prepared from cabbage indigestible will not complain of this.

**Cabbage, Hot Slaw** — Slice finely a firm head of cabbage sprinkle it with pepper and salt beat up the yolk of one egg add a lump of butter the size of a walnut a gill of cream, the same quantity of vinegar a tablespoonful of sugar an even teaspoonful of mustard and a pinch of bruised celery seed. Heat these condiments mixed together in a tin cup put the slaw into a skillet and pour the dressing upon it boiling hot, stir it till well mixed then send it to table hot.

**Cabbage à la Lilloise.** — Wash and drain and after removing the stalk cut it into pieces about the size of a walnut. Melt 2 ozs of butter in a saucepan and fry in it for a minute or two a small teaspoonful of finely chopped onion. Add the cabbage with pepper salt and a little grated nutmeg. Cook it over a slow fire and turn it frequently to prevent burning. Place on a hot dish and serve. Time to prepare, fifteen minutes.

**Cabbage, Red, Stewed.** — Prepare a large cabbage as if it were going to be pickled. Melt 2 ozs of butter, or

of good beef dripping, in a saucepan, lay the cabbage upon it, and cover it with a cupful of vinegar and a pint of nicely flavored stock. When it is quite tender, season it with salt and pepper, drain it, and lay it on a hot dish, and arrange sausages round and over it. If preferred, the cabbage may be pressed into a mould and poached eggs served with it. It will warm up again perfectly. Time, one hour.

**Cabbage Sauerkraut** — This preparation is served as an accompaniment to smoked meats, boiled ham, bacon, beef, or sausages. Sauerkraut is considered an excellent antiscorbutic. Take large well-grown cabbages with fine white hearts. Remove the outer leaves and stalks, and shred the cabbages very finely. Cover the bottom of a tub with cabbage-leaves. Throw in the cabbage as it is shred, and sprinkle salt evenly upon the layers. One handful of salt will be amply sufficient for a large panful of shred cabbage, too much salt will prevent fermentation. Keep pressing the cabbage down closely as it is thrown in. When the vessel is quite full sprinkle a little salt over the top and cover it first with cabbage leaves and then with a linen cloth, lay a wooden cover over all, and on this put a heavy weight. Keep the tub in a warm cellar till fermentation has begun. It should then be kept in a cool place till wanted. Once a week the cabbage-leaves should either be renewed or washed, and the linen cloth should be washed in cold water and replaced. Caraway seeds and juniper-berries are sometimes added to the layers. The cabbages will be all the better if they are allowed to lie in a cool corner for several days before being used. Time, three weeks to prepare.

**To Cook** — Lay a good-sized piece of butter in a kettle, and let it melt. Put in half the sauerkraut, and lay on this the meat to be made ready with it—either ham or bacon smoked and pared, pork, or any sort of sau-



spoonful of finely minced parsley  
Time, one hour

**Carrots à la Flamande.**—Take a bunch of young carrots, wash them well, cut off the heads and points, and place them in boiling water for five minutes. Take them out, drain, rub off the skin with a coarse cloth, cut them into very thin slices, and put them into a saucepan with a cupful of water, a little salt and pepper, and a piece of butter the size of a small egg. Cover them closely, and simmer gently for twenty minutes, shaking the pan occasionally in order that they may be equally cooked. Mix the yolks of two eggs with a cupful of cream and a dessert-spoonful of finely chopped parsley. Draw the pan from the fire for a couple of minutes, take off the cover, put a table-spoonful or two of the liquid with the eggs and cream, then pour the whole gradually into the saucepan. Stir the sauce until it thickens, and serve the carrots with the sauce poured over them. Time to stew the carrots half an hour.

**Carrots à la Française**—Twelve new carrots, a little parsley, some seasoning, a pinch of powdered white sugar, one lemon and 2 ozs butter. Scrape and wash the carrots, put them in cold water with a little salt, boil until tender, and drain them in a stewpan with the butter, some seasoning, a pinch of white sugar, a little finely chopped parsley and the juice of one lemon. Put in the carrots, sauté a few minutes, then serve very hot.

**Carrots, Fried**—Wash and partly boil the carrots whole, cut them into thin slices, dip them in egg and finely grated bread-crumbs and fry in hot butter or lard. Serve them piled high on a dish. Cold carrots may be warmed up this way. Time to fry, ten minutes.

**Carrots, Purée of.**—Wash and scrape some fine large carrots. Cut the red part off in thin slices, and

boil these for about a quarter of an hour. Take them out, drain, and put them into a saucepan with an onion stuck with two cloves, a little salt and pepper, a small piece of butter and just enough stock to cover them. Let them boil gently till tender, then pass them through a coarse sieve. Place the pulp in a stewpan with  $\frac{1}{4}$  lb of butter, a little grated nutmeg, a small piece of sugar, and a cupful of stock and stir until it is thick. The purée may be served with stewed mutton cutlets round it. Time, two hours and a half.

**Cauliflowers, Boiled**—When cleaned and washed, drop them into boiling water into which you have put salt and a teaspoonful of flour, or a slice of bread, boil till tender, take off, drain, and dish them, serve with a sauce spread over and made with melted butter, salt, pepper, grated nutmeg, chopped parsley, and vinegar.

Another way—Make a white sauce, and, when the cauliflowers are dished as above, turn the white sauce over and serve warm. They may also be served in the same way with a milk, cream, or tomato sauce, or with brown butter.

**Cauliflower à la Française**—Cut away the stalk and the green leaves, and divide a cauliflower into quarters. Put the branches into a little vinegar and water, then put them into a stewpan with some boiling water with a table-spoonful of salt in it, and let them boil until they are done. This may be ascertained by taking a little piece between the finger and thumb, and if, though still firm, it gives way easily, it is sufficiently cooked. Drain the cauliflower and arrange it neatly in a dish. Pour over it a pint of good melted butter. Time to boil, about twelve minutes.

**Cauliflowers, Fried**—Boil the cauliflowers till about half done. Mix two table-spoonfuls of flour with two yolks of eggs, then add water enough

to make a rather thin paste add salt to taste, the two whites are beaten till stiff and then mixed with the yolks, flour and water. Dip each branch of the cauliflowers into the mixture and fry them in hot fat. When done, take them off with a skimmer, turn into a colander, dust salt all over, and serve warm.

**Cauliflowers au Gratin**—Cleanse, trim and quarter one or two large cauliflowers. Throw them into boiling water, and let them remain for five minutes drain and boil them in plenty of salted water until they are ready. While they are boiling, mix smoothly together in a stewpan 1 oz. of butter and 1 oz. of flour, add a quarter of a pint of cold water and a little pepper and salt. Let the sauce boil, and stir it over the fire for ten minutes. Put in with it 1 oz. of grated Parmesan cheese and one table spoonful of cream and take the saucepan from the fire. Cut the cauliflowers into neat pieces, lay half of these in a tureen, pour a little of the sauce over them, and add the remainder of the vegetables and the rest of the sauce. Sprinkle a large table spoonful of bread-rasplings and another of grated Parmesan over the top, and bake the preparation in a hot oven until it is nicely browned. Serve very hot. Time to brown, a quarter of an hour.

**Cauliflower, Pain of, with Cream Sauce**—Trim the leaves and wash well a good-sized cauliflower, put one teaspoonful of salt in four quarts of boiling water, and add half a cupful of flour. This will take off most of the strong odor of the cauliflower but, above all, will keep it white. Put the cauliflower in the boiling water and cook about thirty minutes, remove and drain well, so that no water is left. Pass it through a colander. Soak one pint of white bread-crumbs in warm milk, squeeze it well and pass it also through the colander. Put it in the chopping-bowl with the cauliflower. Add the yolks of three raw

eggs, one table-spoonful of butter, a half-teaspoonful of salt, one salt-spoonful of pepper, mix very well together, and finish by adding the three whites of eggs, beaten very stiff. Mix again lightly.

Butter a quart mould, pour the purée in it and cover it. Have a saucepan half full of boiling water, so as to reach up to half an inch from the top of the mould. Cook constantly forty-five minutes. Remove from the water, take the cover off place a warm, round plate over the mould and turn it over.

Have prepared a nice cream sauce. Put in a small saucepan half a table-spoonful of good butter half a one of flour cook, stirring constantly, for three minutes. Pour in slowly stirring meanwhile half a pint of boiled milk season with one salt spoonful of salt and half a one of white pepper, and let it cook very slowly for eight minutes. Add half a pint of good, rich cream cook four minutes more, remove from the fire add half a table-spoonful of fresh butter divided in small lumps. When the butter is melted pour the sauce over the pain of cauliflower.

**Cauliflowers with Parmesan Cheese**—Choose three or four young firm, white cauliflowers, cut off the stalks and the stems making them flat so that they will stand nicely in the dish. Cleanse them thoroughly and boil them until tender but not sufficiently so to run any risk of their breaking. Dish them so as to make them look like one cauliflower and powder them thickly with grated Parmesan cheese. Pour a good sauce over this. When it is firmly set add another layer of cheese, and strew over this some finely grated bread-crumbs. The sauce may be made thus. Rub a table-spoonful of flour into  $\frac{1}{2}$  oz. of sweet butter, mix it smoothly over the fire and add very gradually a breakfast-cupful of water one pinch of salt and a small pinch of pepper. Stir it constantly till it boils then take it from the fire for a minute or two, and add slowly the

yolk of an egg mixed with the juice of half a lemon and a teaspoonful of water. Stir until the whole is well mixed. Brown the cauliflower with a salamander or in a hot oven, pour a little sauce round, and serve hot as a third-course dish. Time to boil the cauliflower, twelve to twenty minutes.

**Celery a la Creme, Stewed.**—Wash very clean two heads of celery, trim them neatly, cutting off the outer stalks, the leaves and the tops and boil them in salt and water until nearly tender. Drain them and put them in a dish. Have ready in another saucepan a breakfast-cupful of good cream. Let it boil with a piece of butter rolled in flour, till it is thick and smooth, then pour it over the celery, grate a little nutmeg over the top and serve. Time to boil the celery, from three-quarters of an hour to one hour and a half.

**Celery, Fried.**—Cut stalks of celery into three or four inch lengths. Even if it is not well blanched it can be used for this purpose. Beat together one egg and a table-spoonful of cold water, roll your celery first in this and then in fine crumbs, sprinkle with a little salt and pepper, roll again in the egg and fry in olive oil. Strew grated cheese over the stalks after taking them from the oil and before sending to table.

**Celery and Hazel-nuts.**—Cut in round thin slices 1 lb. of large hazel-nuts, cut in the same way four very crisp celery hearts. Mix with one salt-spoonful of table salt, dress them with a few white leaves of celery around and serve all the *hors-d'œuvre* on a silver platter.

**Celery, Purée of.**—Wash thoroughly four heads of fresh white celery, cut them into small pieces and put them in a stewpan with an onion sliced, and  $\frac{1}{4}$  lb. of butter. Let them simmer very gently till tender, then add  $\frac{1}{4}$  lb. of flour mixed smoothly

with a pint of milk. Let this boil up, then pass the whole through a fine sieve, season with salt, pepper, and a little piece of sugar, and add some butter and very thick cream to the purée. Serve in the middle of a dish with cutlets, etc., round. Time for young celery, three-quarters of an hour, if old, one hour and a half.

**Celery Roots a la Poulette.**—Peel and cut lengthwise, like an apple, two bunches of celery roots, put them in one quart of boiling water for five minutes, drain them, and plunge them in cold water, drain again, put them in a clean saucepan with one quart of good broth. If none is at hand, half a teaspoonful of beef extract in the same quantity of warm water will replace it. Season with half a teaspoonful of salt, half a salt-spoonful of pepper, if using the beef extract, double the quantity of seasoning. Cover the saucepan tightly and cook for one hour. Drain the celery, reserving the broth, rinse the saucepan and put in it half a table-spoonful of butter and half a one of flour. Stir and cook four minutes, don't brown. Strain the broth, add it slowly to the cooked flour, add half a pint of good cream, always stirring, add the cooked celery, stir gently, let cook very slowly ten minutes. Beat slightly the yolks of two eggs with three table-spoonfuls of raw cream and half a table-spoonful of butter. Remove the saucepan from the fire, add the eggs, stirring gently so as not to break the celery. Do not cook any more after the eggs are added, serve in a silver vegetable dish. This recipe is also very good for large white onions.

**Celery, Stewed.**—Wash four heads of celery very clean, trim them neatly, cutting off the leaves and tops, cut them into three-inch lengths and tie them in small bundles and parboil them in sufficient salt and water to cover them. Drain and stew them, until tender in some stock. Brown 2 ozs. of butter with a table-spoonful



(soft part) in water thoroughly, and then press the water out of it, split each cucumber in two lengthwise, peel them cut off a piece—about a quarter of an inch—at each end remove the seed from the inside with a small spoon, slice the onion and fry it with the butter, then add to it the seeds removed from the cucumbers, the bread parsley bay-leaf, chives, cloves, nutmeg, and broth the cloves and piece of bay-leaf should be wrapped up in a rag, stir now and then, and simmer for about five minutes. Have water with a little salt boiling in another pan, and drop the cucumbers in for two minutes, take them off drop them into cold water, and drain, then fill each half with the mixture of bread onion etc., put a few slices of fat salt pork into a pan place the cucumbers on them, dust with bread-crumbs put on the top of each and apart three pieces of butter the size of a bean put the pan into a hot oven until the cucumbers are well baked and serve. A little meat gravy may be poured over each just before serving.

**Egg-plant.**—Cut into slices about one-eighth of an inch thick either peeled or unpeeled whichever is preferred and lay the slices for two hours in salt and water or place one piece above another with a little salt between for an hour or two drain well, dip into egg or cream, and then cracker-crumbs. Or make a thickening of flour and water not too thin, dip in and fry in very hot butter.

**Egg-plant, Baked.**—Remove the inside of an egg-plant but leave the shell hard and firm. Be sure that there are no breaks or cracks in the shell. Mash the pulp well and add bread-crumbs a wineglassful or more of good cream, butter and salt (plenty of the latter especially) and paprika. Put all back in the shell and tie up and bake. The length of time it will take to bake depends upon the size of the egg-plant, but

it will take certainly an hour, and perhaps longer.

**Egg-plant, Gratined, with Tomatoes.**—Cut the head from a good sized egg-plant and scoop out the inside, leaving only the sixth of an inch of the flesh part. Remove all the seeds, put the pieces in a bowl with one teaspoonful of salt for one hour. Squeeze them well to take all the water out, chop the pieces coarsely then prepare this stuffing. Cut in pieces one quart of fresh tomatoes put them in a small saucepan with three medium-sized white onions sliced two sprigs of parsley, a small bay-leaf one clove cook fast for twenty minutes, with uncovered saucepan, stirring often. Strain through a fine strainer, letting all the pulp of the tomatoes go through. Soak half a pint of white bread-crumbs in milk squeeze well add it to the fleshy part of the egg-plant and add half of the tomato purée. Reserve the other half to serve as a sauce. Add two yolks of raw eggs one table-spoonful of butter one salt-spoonful of salt one of pepper mix everything well fill up the egg-plant very full spread over the top a thin layer of fine white bread-crumbs. Put three table-spoonfuls of olive oil in a baking-pan with the egg-plant and cook in hot oven forty minutes baste three times. Finish the tomato purée which is to be served as a sauce on the plate by warming it up and seasoning with one salt-spoonful of salt half a one of pepper half a table-spoonful of fresh butter.

**Egg-plant, Stuffed.**—Choose a large firm egg-plant for this purpose and parboil it for ten minutes, then lay in iced salted water and leave there for an hour. Make a forcemeat of a cup and a half of bread-crumbs half a cup of minced boiled ham pepper and salt to taste a tea-spoonful of minced parsley and a few drops of onion-juice. Make this into a paste by adding a little cream and a beaten egg. Remove the egg-plant from the water, wipe it dry, and





nutmeg grated, and simmer gently until quite hot. Draw the saucepan to the side for a minute, and stir among the lettuces the well-beaten yolks of two eggs

**Lettuce a la Crème**—Take the hearts of cabbage lettuce, wash them, and bleach them for a quarter of an hour in boiling salted water. Next take the lettuces out of the boiling water, put them in a sieve, throw cold water over them, and let them drain thoroughly. Then, in a dish which will stand heat put some cream some small lumps of butter and finally the lettuce hearts pour on more cream, seasoned with salt and pepper, and cover with a thin layer of cracker crumbs. Cook for an hour and a quarter in a moderate oven where the whole will simmer gently. Serve in the dish in which it has been cooked

**Lettuce Salad.**

See Salads

**Lettuce, Stuffed.**—Wash four or five large lettuces. Boil them in plenty of salted water for fifteen minutes. Throw them at once into cold water and afterwards let them drain. Open them fill them with good veal forcemeat tie the ends securely, and put them into a stewpan with as much good gravy as will cover them a teaspoonful of salt half a teaspoonful of pepper and a teaspoonful of vinegar. Simmer gently for another fifteen minutes remove the strings place them on a hot dish

**Mushrooms a la Bordelais.**—Proceed in all respects as for grilled mushrooms but serve with a sauce of oil or melted butter, in which are minced young onions parsley and a little garlic or serve with a sauce made by boiling the trimmings of the mushrooms in good brown gravy seasoned with cayenne pepper and salt and thickened with the yolks of eggs. Time to broil about twelve minutes to bake fifteen to twenty minutes

**Mushrooms à la Casse-tout.**—This mode of cooking mushrooms is borrowed from the French, as its name implies. Their hearth-fires are particularly adapted for it. Place a baking-tin on the hot hearth, on which lay toast, well buttered, cover with mushrooms, carefully cleaned, keeping the cup side uppermost and placing upon each mushroom a bit of butter and a seasoning of pepper and salt. Medium-sized, flat mushrooms do best for this dish, they should be freshly gathered. A glass is sometimes fixed closely over the mushrooms, but for cooking mushrooms in any quantity an earthenware cover with a flat top, to allow of the wood-embers being placed around and on it, is used. Serve on a hot dish. Time, ten to twelve minutes

**Mushrooms à la Creole.**—Put half a pint of olive oil in a flat baking-dish, sprinkle dry bread-crumbs and finely chopped parsley in it lay over some large mushrooms which have been peeled and stemmed pour more oil over, and sprinkle with bread-crumbs and seasoning. Bake in a hot oven half an hour

**Mushrooms, Creamed**—Peel large, fresh mushrooms. Sprinkle with salt and pepper. Put in a saucepan with a little water. To a quart of mushrooms add a table-spoonful of butter. Let simmer ten minutes. Pour in a pint of cream in which should be mixed a table-spoonful of corn-starch. Stir two or three minutes and take up

**Mushrooms, Devilled**—Chop one quart of peeled mushrooms. Season with salt pepper and lemon-juice. Mix the yolks of two hard-boiled eggs and two raw eggs together and stir in with one pint of bread-crumbs and one large table-spoonful of butter. Fill little shells with the mixture cover with grated crackers and bits of butter. Set in the oven to brown

**Mushrooms, Fricassee of.**—Peel a quart of mushrooms. Put in boiling

water, then in cold water. Take out and wipe dry. Melt a table-spoonful of butter in a saucepan and lay in the mushrooms. Keep over the fire and stir. Add flour to thicken, with pepper, salt, thyme, and mace. Pour in a teacupful of soup stock and let simmer half an hour. Take out the mushrooms, strain the gravy, to which add the beaten yolks of three eggs and the juice of a lemon. Arrange the mushrooms on thin slices of buttered toast and pour the sauce over. Serve hot.

**Mushrooms for Garnish.**—Take fresh-gathered button-mushrooms, cut off the stems, and wash them in a little cold water, then drain. Have ready squeezed the juice of half a lemon, put it with a small cup of cold water into an enamelled stewpan into which throw each mushroom as it is peeled, add 1 oz. of butter and a little salt. Place the stewpan over the fire, bring it quickly to a boil, and in five minutes use the mushrooms as required. A good cook will know how to utilize the stems and peel of the mushrooms. In this case they may be chopped small and stewed in the gravy left after boiling the buttons. These trimmings are useful for flavoring dishes or soups.

**Mushrooms, Grilled.**—Cut the stalks, peel and score lightly the under side of large mushroom flaps which should be firm and fresh gathered. Season them with pepper and salt and steep them in a marinade of oil or melted butter. If quite sound they may be laid on a gridiron over a slow even fire, and grilled on both sides but they are best done in the oven if at all bruised. Either way, serve with a sauce of melted butter or on a hot dish with a piece of butter on each mushroom, and a squeeze of lemon-juice. Time about twelve minutes to grill, forty minutes to steep in marinade.

**Mushroom Omelet.**—Make a plain omelet. When ready to turn drop some freshly prepared mushrooms in

the centre, fold over, and take up. Pour stewed mushrooms around the omelet, and serve.

**Mushrooms en Ragout.**—Put half a pint of soup stock in a saucepan with  $\frac{1}{2}$  lb. of butter and a little chopped parsley. Set on the stove, when hot lay in a quart of peeled and stemmed mushrooms, take from the fire and set aside for an hour, then put back on the stove. Sprinkle in a table-spoonful of browned flour, and stir until smooth. Add a cupful of boiling water, a wineglassful of Madeira wine, and the juice of a lemon. Season with salt and pepper. Serve with roast veal or a fillet of beef.

**Mushrooms, Scalloped.**—Cover the bottom of a buttered dish with stale bread-crumbs, sprinkle over with pepper and salt and bits of butter. Place a layer of mushrooms alternately with the bread until the dish is full. Sprinkle bread and bits of butter on the top, pour over a pint of cream, cover, and set in the oven for one hour. Remove the cover, let brown, and serve immediately.

**Mushroom Stew.**—Trim and wipe a quart of large fresh mushrooms. Put 3 ozs. of butter into a saucepan and set over the fire until melted. Throw the mushrooms in with a pounded blade of mace, a little salt and pepper. Let stew until the mushrooms are tender. Add half a teacupful of butter, in which rub a table-spoonful of cracker meal. Stir until the mixture comes to a boil.

**Mushroom Toast.**—Stew over a gentle fire a quart of nicely prepared mushrooms (just opened ones), first dissolving 3 ozs. of butter in the stewpan, and seasoning the mushrooms with white pepper or cayenne, a salt-spoonful of mace powdered. Stir them carefully and toss them in the pan to prevent burning and until the butter is dried and slightly brown, when add half a pint of thin cream, the grated rind of half a lemon,

and a little salt, and stew until the mushrooms are tender. Beef gravy may be substituted for the cream and the grated lemon peel omitted. Serve on buttered bread, fried or grilled, which should be thick enough to allow of the inside being cooked out. Serve hot and squeeze the juice of a lemon over. Time, fifteen minutes to stew in butter, five minutes in gravy.

**Okra, Boiled** —Take young tender pods of okra and boil in salt water for twenty minutes. Drain pour over a teacupful of cream, add a tablespoonful of butter season with pepper and let simmer five minutes. Serve hot.

**Okra, Fried** —Slice tender pods of okra. Have a frying pan on the fire with hot pork drippings, put the okra in and fry brown on both sides. Sliced onions may be added. Sprinkle with salt and pepper, and serve hot.

**Okra and Rice** —Slice a quart of okra. Cut  $\frac{1}{4}$  lb. of lean ham into small pieces. Peel and cut up two large tomatoes. Put all together in a saucepan with a pint of stock, a pod of red pepper and a slice of onion. Let simmer gently for half an hour. Wash a cupful of rice and put in. Let cook until done. Add a table spoonful of gumbo fillet. Let boil up and serve.

**Okra, Scalloped** —Slice well grown pods of okra in thick slices. Put a layer in the bottom of a baking-pan spread with grated crackers, bits of butter, salt and pepper. Put over another layer of okra and season. Continue until the dish is full. Spread the top with bits of butter. Pour over a teacupful of cream, and set in the oven half an hour.

**Okra with Tomatoes** —Wash pods of okra and cut in thin slices sufficient to fill a quart measure. Peel tomatoes to fill a pint cup when sliced. Put together in a saucepan

add a little salt cover, and let simmer gently for half an hour, add a table spoonful of butter with pepper, and serve.

**Onion** —This well known vegetable may be regarded either as a condiment or as an article of real nourishment. By boiling, it is deprived of much of its pungent, volatile oil and becomes agreeable, mild and nutritious. It is not so wholesome either fried or roasted. There is no vegetable about which there is so much diversity of opinion as there is about the onion, some persons liking a little of it in every dish, and others objecting to it entirely. General speaking however, a slight flavoring of onion is an improvement to the majority of made dishes but it should not be too strong. When onions are used for stuffing the unpleasant properties belonging to them would be considerable, lessened if a lemon, freed from the outer rind but covered as thickly as possible with the white skin were put in the midst of them, and thrown away when the dish is ready for the table. Onions may be rendered much milder if two or three waters are used in boiling them. Spanish onions are generally considered superior in flavor. The largest are the best. When young the onion is eaten raw and it is also pickled and made into a sauce by boiling.

A celebrated medical authority says

"Onions make a nerve tonic not to be despised. No other vegetable will so quickly relieve and tone up a worn-out system and they should be eaten freely, particularly by brun-workers and those suffering from blood or nervous diseases." He further says "Nothing will clear and beautify a poor complexion sooner than the eating of onions in some form."

**Onions, Baked** —Peel three or four medium-sized Spanish onions and boil them in salted water for a quarter

of an hour, then throw them into cold water for half an hour. Drain them well, cut them into slices half an inch in thickness, place them in a single layer in a well-buttered tin, and bake them in a quick oven, basting them occasionally with butter until they are tender and lightly browned. Serve on a hot dish.

**Onions and Cheese.**—Peel two large Spanish onions partly, boil them, and leave them on a sieve to drain until nearly cold. Then cut the onions an inch and a half across the top and scoop out the centre. Have ready a stuffing made with 1 oz. of finely grated Parmesan or other cheese, the yolks of two hard-boiled eggs minced very finely 1 oz. of butter, 3 ozs. of bread-crumbs one salt-spoonful of salt, and half that quantity of pepper. Mix all well together with a spoonful or two of milk. Fill up the onions with the force-meat, brush them over with egg and bread-crumbs, and bake them until nicely browned. Serve on a hot dish with brown gravy poured over them. Time half an hour to boil the onions, three-quarters of an hour to bake.

**Onions à la Crème** — Peel four medium-sized Spanish onions and boil them in water slightly salted until they are sufficiently cooked. Drain them on a sieve and put them into a stewpan with 3 ozs. of butter rubbed smoothly with a table-spoonful of flour and a little salt and white pepper. Shake the pan constantly and stir in by degrees half a pint of cream or new milk. Serve the onions on toasted bread with the sauce poured over. Sufficient for four or five persons. One hour to boil the onions, quarter of an hour to stew them.

**Onions, Fried.** — Peel and slice them, cook fifteen minutes in boiling water, then turn them on a clean cloth to drain. Put a few of the onions in a frying-basket and dip them in smoking hot fat, and brown.

Drain on brown paper and dust with salt and pepper. Serve with liver and bacon.

**Onions, Sliced and Fried.** — Onions cut into thin slices, fried in a little hot butter until they are browned without being burned then mixed with flour, and afterwards pressed through a fine sieve, are excellent for flavoring and coloring brown soups and sauces.

**Onions, Stewed.** — Peel and trim half a dozen Spanish onions of medium size but be careful not to cut the tops too short, or the bulb will fall to pieces while stewing. Blanch them in boiling water for 1 minute or two, then drain them, and put them side by side in a saucepan sufficiently large to hold them all in one layer. Sprinkle a little salt and pepper over them, and place upon each onion  $\frac{1}{2}$  oz. of butter mixed smoothly with half a teaspoonful of powdered sugar. Place them over a gentle fire and let them remain until lightly browned then cover with good brown gravy and simmer them until tender. Serve as hot as possible on toast with the gravy poured round them. If liked the gravy may be flavored with tomato-sauce, or with a finely minced gherkin and a glass of claret. Time to stew the onions, about an hour and a half.

**Onions, Stuffed.** — The Spanish or large sized onions are best. Peel the onions, and from the stalk end take out the centre of the onion. Cook ten minutes in salted water. Then lay the onions, opening down upon a clean cloth to absorb the water. Make a stuffing of two parts of chopped chicken or ham to one of bread-crumbs. Chop fine the onion hearts that have been removed and add to them the other stuffing also one table-spoonful of melted butter. Salt and pepper to taste. Moisten with a little chicken stock. Fill the onions with this mixture and place them in a baking-pan containing an inch depth of water. Sprinkle the



little enough to hold them upright, pour a cup of water into the pan, close down the tops, and bake about twenty minutes. Serve hot.

**Peppers and Chicken au Gratin** — Cut the peppers in half, lengthwise. Remove the seeds and soak the peppers. Mince fine the dark meat of chicken, and add to it one fourth as much boiled rice. Moisten all with a highly seasoned brown gravy or stock. Dry the peppers and fill them with the chicken mixture. Sprinkle fine crumbs over the top of each, and dot with bits of butter. Bake, covered, thirty minutes in a dripping-pan, uncover and brown.

Or, if you wish, you can use veal instead of chicken and substitute a tomato sauce for the gravy. A variation upon this dish is prepared by arranging the tomatoes in a shallow bake dish in which they can be served, and filling the spaces between them with the gravy or sauce. In that case, as in the other, the crumbs and butter are put only on the peppers, and they are cooked in the same way.

**Peppers, Fried** — In all dishes of peppers select those that have not begun to change color. Extract the seeds carefully and avoid touching them with the fingers if possible. A person of tender skin is apt to suffer from too close contact with those fiery vegetables.

**Peppers, Fried, and Rice** — Boil rice in the Southern fashion and turn it into a vegetable-dish. Prepare your green peppers as directed above, but fry them in butter. Arrange the rings of pepper on top of the rice, and pour over them the butter in which they were cooked. Set in the oven for three minutes, covered, and then serve.

**Peppers with Minced Meat** — Make a well-seasoned mince of any cold meat you have in the house. Cut the tops off green peppers if they are

small. If large, cut them in half. Extract the seeds and fill the peppers with the mince, moistening it well with gravy. Pack the peppers closely together in a baking-dish. If you have more meat than they will hold, fill with it the chunks between them, and pour in more gravy. Cover closely, and bake twenty minutes to half an hour. Send to table in the baking-dish.

**Peppers with Rice and Tomato** — Prepare peppers as for stuffing with rice but before filling them with this pour over it a cupful of good tomato sauce. Stir this with the rice until they are well blended. Fill the peppers with the mixture, put them in a vegetable-dish and let them stand covered in the oven until they are hot through.

**Peppers Stuffed with Force-meat** — Cut green peppers in two lengthwise. Lay them in cold water for fifteen minutes. Dry them, and fill each half with a force-meat made of a cupful of fine bread-crums, half a cup of minced boiled ham or tongue, season with a suspicion of onion-juice, salt and pepper and moisten with melted butter. Lay the stuffed peppers in a dripping-pan, pour a cupful of plain gravy or soup stock around them, cover, and bake fifteen minutes. Uncover and brown. Serve either as an entrée, a luncheon, or breakfast dish, or in place of a vegetable. Chopped cooked sausage is good to use in place of the ham or any cold meat. With the latter the seasoning must be more generous than with the sausage.

**Potato Balls (Kartoffelkugeln)** — Take one quart of potatoes, peel and grate them, then drain them through a coarse towel so they are free from any water. Next take four boiled potatoes the size of an egg and grate them to the raw ones, mix with salt and a little nutmeg. While making the balls dip the hand in cold water, and in the centre of each ball put a

couple of small pieces of bread which has been fried brown in butter. Then put them in boiling salted water and let them boil for about ten or fifteen minutes. They must be boiled as soon as made, because they turn black if allowed to stand. Beef à la mode with potato balls is a regular German dinner.

**Potato Bread.**—In making bread, a portion of mashed potato is sometimes added to the flour, and this addition improves the bread very much for many tastes. It also keeps it from getting dry quite so soon. At the same time it is not so nutritious as ordinary home-made bread. Boil the required quantity of potatoes in their skins, drain and dry them then peel and weigh them. Pound them with the rolling-pin until they are quite free from lumps, and mix with them the flour, in the proportion of 7 lbs of flour to 2½ lbs of potatoes. Add the yeast and knead in the ordinary way but make up the bread with milk instead of water. When the dough is well risen bake the bread in a gentle oven. Bake it a little longer than for ordinary bread and when it seems done enough let it stand a little while with the oven door open before taking it out. Unless these precautions are taken the crust will be hard and brittle while the inside is still moist and doughy.

**Potato Cakes**—Wash and dry eighteen large potatoes. Bake them for one hour, remove the skin, press them through a fine strainer. Mix six yolks of raw eggs with half a pint of good rich cream. Add to the potatoes with ¼ lb of very fresh butter. Season with one teaspoonful of salt, one salt-spoonful of white pepper, one level teaspoonful of powdered sugar. Mix well with a wooden spoon. Add, a little at a time, ⅓ lb of Parmesan cheese, freshly grated. Finish by adding the white of an egg beaten stiff. Butter some small tin moulds of fancy shape, one for each person, and fill them two-thirds

full. Bake in warm oven eighteen minutes, and detach them with care from the mould. Serve them around the fish, putting little sprigs of parsley between and small slices of lemon, serve at once.

**Potato Croquettes**—Bake half a dozen large potatoes. When done enough, burst them open and scoop out the contents with a spoon. Beat the pulp until it is quite smooth then put it into a clean saucepan with the yolks of one or two eggs a piece of butter the size of a walnut and a little pepper, salt, and grated nutmeg. A little cream is an addition. Beat this mixture over a moderate fire, until it leaves the sides of the saucepan with the spoon then spread it out on a dish and let it cool. Shape it into balls, dip these in beaten egg, then into bread-crumbs, and fry them in hot fat until they are equally and lightly browned. Let them drain before the fire, dish "em on a hot napkin and serve immediately. Cold potatoes left over can be cooked in the same way.

**Potatoes, Boiled.**—When about to boil potatoes pick them out as nearly as possible of one size, or the large ones will be hard when the small ones are reduced to pulp. If this cannot easily be done, cut them to one size. Wash them well, remove the specks, or eyes and pare them as thinly as possible, not only to avoid waste, but because the best part of the potato is near the skin. As they are pared throw them into cold water, and let them remain in it until wanted. An iron saucepan is preferable to a tin one for cooking them as it prevents them boiling so fast and the more slowly they are boiled the better. Put them into a saucepan with barely enough cold water to cover them, and as soon as the water boils throw in a little more cold water. This will check the heat, and keep the potatoes from breaking before they are done through. Thrust a fork into them occasionally, and as soon as they



are soft take them up, pour off the liquor, and let them stand by the side of the fire with the saucepan partially uncovered till the moisture has evaporated and they are quite dry. If they are allowed to remain in the water after they are done enough, they will certainly be spoiled. Serve very hot. When potatoes are done before they are wanted they should be drained and left in the saucepan by the side of the fire, and, instead of the lid, a folded cloth should be laid over them. This will absorb the moisture and keep them hot and in good condition for some time. In order to make boiled potatoes look floury, boil and drain them as above, and while they are drying by the side of the fire shake the saucepan vigorously every minute or two. This will give them a very good appearance, but it is rather wasteful, as a good portion of the potato sticks to the side of the pan. Time, according to the quality of the potato, from half an hour to an hour and a half.

**Potatoes Boiled in their jackets** —Potatoes are frequently boiled and baked in their jackets, and a small plate is placed by the side of each guest to receive the skins. They are certainly nicer prepared in this way than in any other and also better, for the most nutritious portion of the potato is said to lie quite close to the skin, and it is frequently cut off when the potato is carelessly peeled, at the same time, this method is an inconvenient and not very tidy way of serving them. Choose potatoes of uniform size, and scrub them with a soft brush until they are perfectly clean. Put them into a saucepan with a little cold water, not quite sufficient to cover them. Boil them as gently as possible for the more slowly they are cooked the better they will be. If a little salt is thrown in occasionally it will be found a great improvement. If the potatoes are large add half a cupful of cold water every now and then. In order to ascertain whether or not they are

done enough, probe them occasionally with a fork, and when they are tender throughout pour off the water, put the saucepan once more on the fire, and let it remain until the potatoes are quite dry. Send them to table with the skins on. Time to boil the potatoes, from half an hour to an hour, according to size and quality.

**Potatoes, Broiled** —Parboil large potatoes peel, and cut them into thick slices. Broil the slices on a gridiron over a clear fire until brown on both sides. Serve on a hot dish, with pepper, salt, and butter.

**Potatoes, Browned** —Cut cold boiled potatoes in thin slices, lay them on a gridiron place them over the fire or on a tin in a hot oven, if the latter, put them first on the bottom, so that the under side will brown and the moisture escape, then change them to the upper grate to brown the upper side. Serve at once.

**Potatoes à la Creme** —Boil some potatoes of a firm kind in the usual way. Take a small, sharp, thin-bladed knife and cut them into thin slices. Put a pint of these into a stewpan with a teaspoonful of salt, 1 oz of butter a little pepper, salt, and grated nutmeg, and a tablespoonful of lemon-juice. Pour a quarter of a pint of cream over the top cover the saucepan closely, and shake it over the fire for eight or ten minutes. Place the potatoes on a hot dish and be very careful not to break the slices. Cold potatoes which are left from dinner may, if firm be dressed in this way for breakfast. If cream is not at hand milk slightly thickened with flour and butter may be substituted for it.

**Potatoes, Fried** —Pare raw potatoes, cut them into very thin slices the short way across keeping the slices in cold water then lay them on a cloth to drain. Have enough butter in a dripping-pan to more than cover them let it be very hot, it takes a great

deal, as they absorb it. Fry brown quickly, turn, and brown the other side, salt and pepper them. Send to table hot. Sweet potatoes are managed the same way.

**Potatoes à la Duchesse** — This, it has been said is "the acme of delicacy in the cooking of potatoes." Prepare some potato paste as for croquettes (see Potato Croquettes). When this is cold, mould it with a very small quantity of flour into oblong or round cakes. Fry these in clarified fat, first on one side then on the other, and take them out the instant they have acquired a delicate golden-brown color. With moderate care, potatoes thus cooked are delicious.

**Potatoes, Housekeeper's** — One quart of cold boiled potatoes cut into dice, one pint of stock, one table-spoonful of chopped parsley, one of butter, one teaspoonful of lemon juice, salt, pepper. Season the potatoes with salt and pepper and add the stock. Cover, and simmer twelve minutes. Add lemon-juice, butter and parsley, and simmer two minutes longer.

**Potatoes, Lyonnaise** — Boiled or steamed potatoes left from the dinner may be prepared à la Lyonnaise for the next day's breakfast. The potatoes are peeled and sliced then peel and slice one or more onions which put into a frying-pan with butter, fry until the onions are turning yellowish when you add the slices of potatoes. Keep tossing now and then until the potatoes are fried and somewhat yellow. Salt to taste.

**Potatoes à la Maître d'Hôtel** — Boil or steam a dozen potatoes in the usual way and cut them into slices a quarter of an inch thick. Put them into a saucepan with two or three spoonfuls of white sauce or gravy, two table-spoonfuls of chopped parsley, 4 ozs of butter, and a little pepper and salt. Shake the saucepan over the fire until the potatoes are covered with the sauce and quite hot then

squeeze over them the juice of a large, fresh lemon, and serve. Time, ten minutes to heat the sliced potatoes.

**Potatoes, Miroton of.** — To eight large, nicely potatoes allow one medium-sized onion, the yolks of two hard-boiled eggs,  $\frac{1}{4}$  lb of butter, two raw eggs, a dessert-spoonful of catsup, a teaspoonful of salt, half a teaspoonful of pepper, and a handful of grated bread crumbs. Boil the potatoes, peel, and mash them with part of the butter, salt, and pepper. Fry the onions and hard yolks of eggs in slices till tender and brown, drain off all the fat and stir the onions and eggs into the mashed potatoes till well mixed. Beat the raw eggs till frothy and stir them into the mixture, add the catsup. Butter a mould well, sprinkle over it the bread crumbs finely sifted, pour on this the mixture of potatoes and other ingredients, bake for half an hour. Turn from the mould on a dish, and brown in the oven a few minutes. Serve hot.

**Potatoes, Moulded, with Cheese Sauce** — Boil and mash the usual quantity of potatoes necessary making them quite soft with hot milk, in which a table-spoonful of butter has been melted. Turn the potatoes on a fire-proof plate and make them into a mound, smoothing the surface with a knife so that there are no projections. With a table-spoon scoop out enough potato from the centre of the mound to leave a deep cavity. Glaze the inside of this and the outside of the whole mound with the white of an egg and set in the oven. Melt six table-spoonfuls of butter, and, while hot, add to it four table-spoonfuls of grated cheese. Pour this mixture slowly stirring all the time, on the well-beaten yolks of two eggs, and add a pinch of pepper and salt. Now remove the potato from the oven, and fill the hollow in the centre with the cheese mixture. If it runs over the sides of the mound do not worry. Sprinkle fine crumbs over, and brown

**Potatoes, New, Boiled** — They will lose much of their in good taste if a sprig of mint is added to the water in which they are boiled. So common is this custom in England that the thrifty housewife in purchasing her new potatoes frequently reminds her salesman to send home a bunch of mint with them. Not enough of the herb should be used to make the taste discernible but just enough to give to the potato a flavor that it lacks. The uninitiated eater thereof will perceive that the vegetable is better than usual although he may not guess, why.

**Potatoes, Parisian** — Peel some large potatoes, scoop them out into small balls with a potato-scoop. Wash and dry them in a clean towel. Put in a small saucepan one heaping table spoonful of butter or of good dripping when melted put in the potatoes and cook for eighteen minutes, in an uncovered saucepan toss them a little, so as to have them of a light brown all over. Lift them up with the hammer and sprinkle over them one salt spoonful of salt.

**Potato Patties** — Take as many large, well shaped potatoes as it is intended there should be patties wash them well and bake them. Take them out before they are quite done enough, so that the skin may not be injured and carefully cut off the top and scoop out the inside with a spoon. Mix with the floury part two or three spoonfuls of thick cream a little piece of butter and a pinch of salt, together with sugar lemon or cinnamon flavoring and the yolks and whites of two or three eggs beaten and added separately. Put this mixture into the hollow potatoes place them upright, side by side in a buttered dish, and bake them in a hot oven. If liked savory instead of sweet, potato patties can be made by mixing with the potato flour a little pounded veal and ham and cream, salt pepper, lemon-peel, grated nutmeg, and mushroom catsup added

in suitable proportions. Time to bake, twelve to fifteen minutes.

**Potato Pudding** — Mash 1 lb of boiled potatoes, dry and floury, and make a batter by mixing with them 1 oz of clarified butter three well-beaten eggs and two table spoonfuls of milk together with a little salt and pepper. Butter a baking dish rather thickly, pour half the batter into it and lay upon this  $\frac{1}{4}$  lb of underdressed beef or mutton, cut into neat slices and quite free from fat skin and gristle. Pour the rest of the batter over the meat and bake the pudding in a moderate oven. Serve very hot and send good brown sauce to table in a tureen. Time to bake one hour.

**Potato, Purée of** — Peel and wash 1 lb of good potatoes. Boil and drain them and beat them up with a fork. Stir in with them a quarter of a pint of good broth or thick cream and pass them through a wire sieve. Put the puree into a saucepan with 2 ozs of butter and a little pepper and stir it over a gentle fire until it is quite hot. Pour it into the centre of a hot dish and arrange delicately broiled cutlets—mutton, pork or lamb—in a circle round it. Time five or six minutes to heat the purée.

**Potato Ribbons** — Wash and peel half a dozen large potatoes and let them lie in cold water for a few minutes. Cut them into ribbons, round and round, like an apple and keep the strips as nearly as possible of one width. They must not be too thin or they will break. Fry them in plenty of hot fat until they are lightly browned. Drain them on a wire sieve and sprinkle a little pepper and salt over them. Serve on a hot dish. Time to fry, eight or ten minutes.

**Potato Salad** — Cut ten or twelve cold boiled potatoes into slices a quarter of an inch thick, put these into a salad bowl with four table-spoonfuls of tarragon or plain vine-

gar, six table-spoonfuls of best salad oil, one table-spoonful of minced parsley, and pepper and salt to taste. Stir well, that all the ingredients may be thoroughly mixed. Potato salad should be made two or three hours before it is required for the table. Anchovies, olives, or any pickles may be added to it, and also bits of cold beef, chicken or turkey, if desired. It is excellent, however without these. The imported German potatoes, to be had in any delicatessen store are best for salads, as they are not as mealy as American potatoes.

**Potatoes, Saratoga.**—With a cutter slice the potatoes as thin as possible. Put the slices in lukewarm water for fifteen minutes, then in ice-water for several hours, changing the water hourly. Drain the slices, a few at a time, dry them on a napkin and immerse them in hot lard. When browned, take out and drain, sprinkle with salt and put them in a moderate oven with the door open. Serve hot or cold.

**Potatoes with Sauce Piquante.**—Wash, pare, and half boil some large potatoes. Drain them and when nearly cold cut them into slices a quarter of an inch thick. Cut two or three rashers of fat bacon into small pieces place them in a stewpan with a finely minced onion and let them steam until the onion is tender. Add a little pepper and salt a lump of sugar, a bay-leaf and as much stock or water as will barely cover the sliced potatoes. This sauce should be thickened with flour to make it of the consistency of thick cream and as much vinegar may be added as will make it agreeably acid. Let the sauce boil a few minutes put in the sliced potatoes, and let them simmer till they are tender without being broken. Serve very hot, with the sauce poured over them. Time an hour or more.

**Potatoes, Scalloped.**—Mash some potatoes in the usual way with butter

and a little hot milk. Butter some scallop-shells or patty-pans, fill them with the mashed potatoes, make them smooth on the top, and then draw the back of a fork over them. Sprinkle finely grated bread crumbs on the top, and lay small pieces of butter here and there upon them. Put the potatoes in the oven till they are brightly browned, and serve on a neatly folded napkin in the scallop-shells. Time, about a quarter of an hour to brown the potatoes.

**Potato Snow.**—Choose fine white potatoes, free from spots. Wash them well, put them in their jackets into a saucepan and barely cover them with cold water. Let them boil gently until they begin to crack, then pour the water from them, let them drain and then dry by the side of the fire until they fall to pieces. Take away the skins, and lay the hot dish on which the potatoes are to be served before the fire. Rub the potatoes through a hot wire sieve, so that they shall fall lightly upon the dish, and on no account disturb them after they have fallen. Serve very hot. Time, thirty to forty minutes to boil the potatoes.

**Potatoes, Stewed.**—Peel and slice the potatoes. Put the slices into a saucepan, cover with boiling water, and boil till tender. Pour off the water. Roll a large piece of butter in flour and beat it in half a pint of hot milk till smooth. Season with pepper and salt and boil. When boiling put in the potatoes stew together for five minutes and serve very hot.

**Potatoes, Straw.**—Wash and dry three long and thick potatoes, divide them lengthwise. Scoop out the inside in one piece, being careful not to break the skin. Cut the scooped part in straws lengthwise. Dry both thoroughly. Have plenty of fat—not less than two quarts. When very hot but not boiling put in first the cradles fry them eight minutes, and then drain. Wait until the fat is

very hot, then fry the straw potatoes for four minutes. While frying, toss them around with the skimmer. Serve them in the cradles on a napkin.

**Potatoes, Stuffed.**—Wash and dry some long, medium-sized potatoes, and bake them thirty-five minutes, then open them lengthwise and scoop them out, leaving very little of the potato inside. Butter each part and fill it with this prepared stuffing. For each potato one medium-sized tomato, one teaspoonful of chopped onion, half a teaspoonful of green pepper, one teaspoonful of butter, half a salt-spoonful of salt, quarter of a salt-spoonful of black pepper. Peel the tomatoes, remove all the seeds, and cut them in pieces. Put the butter into a small saucepan when melted put in the onions, cook two minutes, then add everything to it. Cook fifteen minutes, uncovered, stirring from time to time, and remove from the fire. Have the pulp of the potatoes passed through a colander, mix it well with the cooked tomatoes, fill up each part of the potato perfectly level, so as to be able to close them. Put them back in the oven fifteen minutes and serve.

**Pumpkin.**—Cut in slices, boil in salted water until tender, and season with salt pepper, and butter. It can also be cut in slices and baked. Season with salt, pepper, and vinegar. See also Pies.

**Rhubarb, Spiced** (to serve with meats).—Slice the rhubarb into inch pieces and weigh it. Put the fruit into a porcelain-lined kettle add  $\frac{1}{2}$  lb of sugar for 1 lb of rhubarb, place it at the back of the range where it will be heated and the sugar be dissolved, and add a few whole cloves and some stick cinnamon. Cook slowly until it is almost as thick as jam. Turn into glasses, and, when it is cold, cover.

**Rhubarb, Stewed.**—To 1 lb of rhubarb, cut in pieces of one or two

inches in length, allow  $\frac{1}{2}$  lb of loaf sugar and the grated rind of one lemon. Have ready a large tin saucepan of boiling water, throw the rhubarb in and stir the pieces down with a wooden or silver spoon. Put the cover on, and for three or four minutes it may be left then the cover taken off, the rhubarb is not again left until it is done. It may be turned in the saucepan with the spoon so as not to break the rhubarb. The moment it boils it softens. In three minutes strain it off quickly, with the cover tilted on the saucepan. Let it slip from the saucepan into a pie-dish, sprinkle the loaf sugar and grated lemon over it, and leave until cold.

**Rhubarb in Syrup**—Make a rich syrup of granulated sugar and a little water. Cook in it a few pieces of the yellow part of orange-peel. Cut the rhubarb in two-inch lengths and drop enough of the pieces into the syrup at one time to make a single layer. Cook them until they are clear and tender, then drain out and place them in a glass dish. Repeat until all the rhubarb is cooked. Pour the syrup that remains over the cooked fruit and serve cold.

**Rhubarb Tapioca.**—Wash one cupful of pearl tapioca and soak it in a quart of water four hours. Butter a pudding-dish and cover the bottom with a thick layer of cut rhubarb. Grate a little orange-peel over it and sprinkle with sugar. Turn over this one-half of the soaked tapioca and sprinkle with tiny bits of butter. Put on another layer of rhubarb and finish with the tapioca. Bake one hour in a moderate oven. Serve warm with sweetened cream.

**Rice**, properly cooked, makes a very nice addition to certain kinds of meat. The grains should be preserved whole, and not, as is nearly always done, cooked until they become an unsightly mass. After washing and picking over the grains put them into a large tin dish or

shallow pan where they will not lie too closely, and pouring on a little water cover, and place on the stove or in the oven where they will cook very slowly, the steam being kept in the dish, causes the grains to swell and cooks them without destroying the shape.

**Rice, Boiled** — Take  $\frac{1}{2}$  lb. of rice wash it well in two waters cold and put the rice into a two-quart saucepan without a cover. Fill it three-quarters full of cold water and boil it slowly on a moderate fire stirring occasionally until the grains become done enough which will be known by tasting as well as by feeling them between the finger and thumb. If soft to the heart they are ready which will take about twenty minutes. Now put in one table-spoonful of salt stir up and take off immediately and throw the whole into a colander or drainer for ten minutes and allow the water to drain thoroughly off and the rice to become free and dry. East Indian rice should be soaked in water overnight. It requires less time to boil when soaked. The rice becomes lighter from the fact that the grains separate more readily. Put the rice on in plenty of cold water stirring it from the bottom of the saucepan occasionally. When the grains separate at the ends and they appear to form the letter X the rice will be cooked the time required is half an hour. When the rice is cooked drain in a colander and place it before the fire stirring now and then with a fork. Then serve with the soup or dishes of curry. In Germany rice is served with a rather profuse sprinkling of sugar and a little ground cinnamon on the top.

**Rice, Boiled (Turkish)** — Put into a saucepan six cupfuls of stock or broth containing four cupfuls of the pulp of fresh tomatoes passed through a sieve pepper and salt to taste. When it boils, throw in for every cupful of stock half a cupful of fine rice, well washed and dried before

the fire. Let the whole remain on the fire until the rice has absorbed all the stock, then melt a large table spoonful of butter and pour it over the rice. At the time of serving take from the fire and stir lightly to separate the grains.

**Rice Casserole of** — Prepare this by boiling a cup of rice in a pint of well-seasoned chicken bouillon until tender, and until each grain stands separate. When the rice is quite dry make a firm mound of it on a platter wash with the yolk of an egg sprinkle with Parmesan cheese and brown in a very hot oven. This dish may be served with tomato sauce.

**Rice, Creole** — Put one-half cup of well-washed rice in the top of the double boiler and cook over hot fire in a little butter until slightly colored. Add two cups of slightly salted boiling water and let it steam until the rice is tender and nearly dry. Slice four ripe tomatoes two onions and two green peppers freed from seeds cook them in hot butter until soft being careful not to burn them. Turn the rice into a hot dish pour the fried mixture over it and serve hot.

**Rice Macaroni** — Wash and pick over one teacupful of rice add to it three teacupfuls of boiling water, and place over the fire. When done, drain and in a baking-dish place a layer of rice then a layer of cheese cut into dice a little butter salt and pepper, and alternating with rice and cheese until the dish is full having cheese on top. Fill the pan with milk and bake three-quarters of an hour.

**Rice and Mushroom Croquettes** — Open a can of mushrooms (the French *champignons*) several hours before you make the croquettes and drain off the liquor. Stew them for ten minutes in mutton or chicken stock, drain again and chop. Save the soup-stock and cook in it half a dozen table-spoonfuls of rice. The

rice will soak up all the broth unless there is more than a rice-serv. Add to the soft rice the mushrooms, two teaspoonfuls of melted butter, the beaten yolk of two eggs, and season with pepper and salt. When this paste is thoroughly cold, flour your hands and make it into croquettes. Roll these in egg and cracker dust and set them for several hours in the ice chest before frying in deep fat.

**Rice Risotto**—Dry a sliced onion brown in a table-spoonful of olive oil or of butter. Add to the onion a pint of hot water and a cup of rice which has been washed and picked over. Let it boil until soft, adding more water if the rice become too dry. Heat a cupful of stewed tomatoes, liquid and pulp together, but free from lumps, and stir into it a teaspoonful of sugar. When the rice is soft, salt it to taste, add the tomato, turn the risotto into a dish and strew over it a heaping table-spoonful of grated cheese. Parmesan is the best.

**Rice, Savory**—Boil a cupful of rice in three pints of boiling water for fifteen minutes, or until the grains are large and full and yet soft. Drain it thoroughly. Melt a table-spoonful of butter in a frying-pan, or better still, heat two table-spoonfuls of salad oil. Brown a sliced onion in this, take it out, put in the rice, and stir it with a fork until it is slightly browned. Have hot in a saucepan a cupful of tomato pulp rubbed smooth and seasoned with pepper and salt. Stir this into the browned rice, sprinkle with two table-spoonfuls of grated cheese, and turn out in a hot vegetable-dish. This makes an excellent first course at luncheon.

**Rice, Savory, Casserole of.**—Wash a cupful of raw rice, put it over the fire in two quarts of boiling water, slightly salted, and boil hard for twenty minutes. Drain through a colander and set in an open oven five minutes to dry off. Each grain

should be distinct and separate from the rest. Have ready the giblets of two chickens or of one turkey, which have been parboiled and chopped fine, also a table-spoonful of finely minced salt pork and six olives, minced very small. Heat this mixture in enough gravy or stock to cover it, simmer for a minute, season well with paprika salt and onion-juice, thicken with browned flour, and stir the boiled rice into it mixed with a fork being careful not to break the rice. Lastly, add two well-beaten eggs to bind the mixture, and turn into a well-buttered mould that has a close lid. Cover set in a pot of boiling water and cook steadily for two hours, replenishing from the boiling kettle should the water sink lower than two-thirds of the way up the sides of the mould. Dip into cold water for a second to loosen the casserole from the mould, invert carefully upon a hot platter, and pour a rich tomato sauce about the base. This is an Italian recipe. If you like you may stir two table-spoonfuls of Parmesan cheese into the sauce.

**Rice, Timbale of**—Put in a saucepan two table-spoonfuls of onions, chopped fine, with one table-spoonful of butter, cook five minutes, but do not let it brown. Add to it 1 lb of clear rice, not wet. Stir with the onions two minutes, add three pints of good beef broth or one teaspoonful of beef extract diluted in the same quantity of warm water. Let cook twenty-five minutes without disturbing it, remove from the fire. All the liquid must be absorbed. Add to it 1/4 lb of freshly grated Parmesan cheese, one teaspoonful of salt, one salt-spoonful of pepper, stir gently. Cover the saucepan for five minutes at the side of the fire. Butter well inside a mould of one quart, pack the rice in it, place in a hot oven for fifteen minutes, unmould over a round, hot platter. Put the remaining rice around it, or some vegetables previously cooked in salted water, and then cut strawlike, well drained,

and seasoned with butter, salt, and pepper

**Rice, Timbale of, with Apricot Marmalade**—Wash and dry  $\frac{1}{2}$  lb of rice, and put it in a small saucepan with a quart of cold water. When it comes to a boil remove and drain. Rinse the saucepan, and put the rice back in it with one quart and a half of boiled milk, half a salt-spoonful of salt and half a table-spoonful of butter. Let it come to a boil, and then only simmer in covered saucepan for thirty minutes, do not stir. The rice will be tender and each grain separate. Then add  $\frac{1}{4}$  lb of sugar. Keep the saucepan covered for ten minutes, but do not cook any more. Remove from the fire, mix three yolks of raw eggs with three table-spoonfuls of cream and one tea-spoonful of vanilla or maraschino, add them to the rice mix well, put in a bowl and let it cool off. Finish with half a pint of stiff whipped cream. Mix gently. Put it in a cold tin mould of one quart and a half or in a porcelain bowl, first a layer of rice, then a layer of marmalade, apricot or orange, and so on putting four layers of each and finishing with another of rice. Bury the mould in ice for three hours. Serve on a fancy round platter and decorate the top with some candied fruits.

**Rice and Tomatoes, Curried.**—To one quart of stewed tomatoes that have been well seasoned add two or three okras cut into thin slices, a table-spoonful of melted butter, and one tea-spoonful of curry powder. Soak one cupful of rice in cold water fifteen minutes and then rinse in clear water. Butter a baking-dish and put in a layer of the prepared tomatoes, then a layer of rice, alternating them until the dish is filled having tomatoes for the last layer. Sprinkle bread-crumbs over the top and scatter tiny bits of butter over them. Put in a moderate oven and bake about forty-five minutes.

**Salsify, Baked**—Salsify is sometimes styled the vegetable oyster, from its supposed resemblance to the oyster in flavor. It is one of our most valuable winter vegetables, and especially nice when eaten with turkey or other fowl. Without scraping boil until the skin comes off easily. Slice thin. Put into a china baking-dish a layer of salsify, a layer of crumbs of bread, a little salt, pepper, and a covering of butter as thin as you can cut it. Repeat until full with crumbs of bread for the top. Pour in then as much milk as the dish will hold, and bake brown.

**Salsify, Fried**—Stew the salsify as usual till very tender, then with the back of a spoon or small mallet mash it very fine. Beat up an egg, add a teacupful of milk, a little flour, butter and seasoning of pepper and salt. Make into little cakes and fry a light brown in boiling lard.

**Salsify Sauce.**—Scrape and wash two roots of salsify, rub them with lemon and throw them into cold water till wanted. Boil the roots till perfectly tender in lightly salted water. Drain them cut them into small pieces stir them into half a pint of melted butter, simmer a few minutes and serve. Time, one hour and a quarter.

**Salsify, Stewed.**—Wash the roots and scrape off their skins, throwing them as you do so into cold water for exposure to the air causes them to immediately turn dark. Then cut transversely into little bits throw into fresh water add a little salt and stew in a covered vessel until tender. Pour off the water add a small lump of butter a little pepper and a gill of sweet cream.

**Spinach**—It should be cooked so as to retain its bright-green color, and not sent to table as it so often is, of dull-brown or olive color, to retain its fresh appearance do not cover the vessel while it is cooking. Boil until



tender drain in a colander chop fine add a lump of butter a teaspoonful of rich cream, a tea spoonful of powdered onion or one of salt and a little black pepper. Serve hot, covered with slices of hard boiled eggs.

**Spinach (French mode of dressing)**  
—Prepare the spinach as usual. When it has been boiled, drained washed in cold water squeezed dry and chopped in a saucepan and stir fresh butter in a saucepan and stir the spinach in it over the fire till it is hot and dry. Add to it gradually two or three table-spoonfuls of boiled cream. Add a dessert spoonful of powdered onion and a little salt and stir the mixture over the fire till the moisture is absorbed then serve the spinach very hot. Garnish the dish with fried sippets of bread or freshly baked pieces of puff paste cut into finger tips or with hard boiled eggs cut in halves or quarters. Time, ten minutes to boil the spinach.

**Spinach (German mode of cooking)**  
—“Spinach,” says the compiler of *German National Cookery* requires to lie in water a little while and to be several times rinsed in fresh water. Put it into boiling water with salt. Give it eight or ten minutes’ gentle boiling uncovered. If its earthy flavor is objected to, throw it into plenty of cold water when boiled enough, then drain and press it dry, chop it fine. Make butter hot, throw into it some grated bread-crumbs, then add the spinach. Or make a thick butter sauce and stir the spinach into this to get thoroughly hot. Serve garnished with either cutlets, sausages hard-boiled eggs, sliced and sippets of buttered toast or poached eggs. If the full flavor of the spinach is liked simply wash it well, clear it of the large stems, and drain it. Put a piece of butter in a saucepan, and when melted put in the spinach, cover, and as it shrinks put in more. Let it cook in its own juice. Sprinkle salt over as you put it in.”

**Spinach with Eggs** —Boil the spinach till tender. Put it into a colander, and press the moisture from it with the back of a plate. Mince it finely, then put it into a saucepan with a slice of fresh butter and a little pepper and salt and stir it well till it is hot and dry. Put it on a hot dish, smooth it with the blade of a knife and mark it in quires. Place as many poached eggs as there are guests on the top of the spinach or if preferred, put them round it each egg on a piece of buttered toast. Serve the whole very hot. If a superior dish is required the spinach after being boiled till tender may be rubbed through a wire sieve and the pulp mixed with a slice of fresh butter a table spoonful of thick cream and a little pepper and salt. Time to boil spinach, ten to fifteen minutes.

**Spinach with Gravy** —Take 3 lbs of spinach. Pick the leaves from the stalks and wash them well in several waters drain them throw them into a saucepan with plenty of slightly salted boiling water, and let them boil for five minutes. Press the spinach and throw it into cold water for half an hour to preserve the color. Take it out of the water a little at a time, press the moisture thoroughly from it, spread it on a dish, pick out any stalks or straws that may have been left in it and chop it small. Mix 1 oz of butter smoothly in a saucepan with 1 oz of flour add a pinch of salt and stir the mixture over the fire for three minutes. Put in the spinach and stir it for five minutes. Pour in a quarter of a pint of stock, and when this is thoroughly blended with the vegetable add, a little at a time, half a pint more, stir the spinach again for five minutes. Lift it from the fire stir into it till dissolved 1 oz of fresh butter, and serve very hot. Garnish the dish with triangular pieces of crumb of bread half an inch thick. Spinach when thus dressed will constitute an enjoyable accompaniment to veal or boiled mutton. With roast meat it

is best when served plain. Time, altogether, about an hour

**Spinach, Purée of, with Butter** — Pick the stalks from 3 lbs of spinach, and wash it in two or three waters. Lift it out of the water with the fingers, that the sand may settle at the bottom, and put it into a saucepan with as much boiling water, slightly salted, as will keep it from burning. Keep it boiling till it is tender, and press it under the water occasionally with a wooden spoon. Drain it well, carefully pick away any stalks or fibre that may still remain, and rub it through a coarse sieve. Put the pulp into a saucepan with a slice of fresh butter and a little pepper and salt, and stir it briskly over the fire till it is quite hot. Add a spoonful or two of sauce and let it remain on the fire, stirring all the time, for five minutes. Serve very hot and garnish with fried sippets, or pile it in the centre of a dish, and place lamb or mutton cutlets on end round it, the long bones inclining towards each other. Time to boil the spinach, ten to fifteen minutes

**Squash, Baked.** — Boil until soft enough to mash with a spoon, drain off all the water carefully, season with pepper, salt, and butter to taste. Beat two eggs till light stir into them half a cupful of milk, mix all well together. Put into a dish and bake quickly in a hot oven

**Squash, Boiled.** — Peel the squash, free it from seed, cut it into six or eight pieces and put them into boiling water let them boil gently till tender. Lift them up carefully with a slice put them on toast pour melted butter or white sauce over them, and serve

**Another way** — Put the squash whole, without skinning, into boiling water. Let it boil until tender. Take it up, halve pare, and seed it. Lay the halves on toast, with the hollow part uppermost and fill them with rich melted butter

**Another way** — Pare and seed the squash, divide it into quarters, and the quarters into halves. Trim them neatly. Rub the inside of a saucepan with butter. Lay the pieces of squash in it, and sprinkle over them a little pepper, salt, grated nutmeg, and pounded sugar. Pour upon them half a pint of veal stock, and boil gently till tender. Lift them upon a dish, add to the gravy the juice of half a lemon and a little piece of butter, pour it over the squash, and serve. If liked, the squash may be stewed in milk instead of gravy, and may be seasoned with pepper, salt and pounded mace. Time to boil ten to twenty minutes, if boiled in slices, if boiled whole, longer, according to size.

**Squash Cakes** — Two cupfuls of boiled squash mashed and rubbed through a colander, three eggs, beaten light two table-spoonfuls of cream, one table-spoonful of melted butter, about two table-spoonfuls of flour. Beat the eggs into the squash, then, slowly, the cream, the melted butter, salt to taste, and lastly the flour. Add this last cautiously, as some flour thickens more than others, and in this case just enough is needed to hold the ingredients together. Cook as you would cakes on a griddle, and serve very hot. They are eaten with butter and as a vegetable

**Squash, Fried** — Pare the squashes, and cut them into thinnish pieces, make a thin batter of flour and water, dip them into it and sprinkle with salt and pepper after you lay them in the hot butter or lard fry brown in a rather quick oven, or on the top of the stove then turn, and brown them on the other side

**Sweet Potatoes, Boiled.** — Thoroughly wash and scrub them, put them in boiling water and cook until they can be easily pierced with a fork. The time will depend on the size of the potatoes, from one-half to one hour. When done pour off the water, cover

the pot with a cloth, and let the potatoes steam for ten minutes

**Sweet Potatoes, Buttered.**—Take good-sized sweet potatoes, scrape and boil them, slice them lengthwise, butter each piece, lay in a pan, and set them in the oven until the butter is well melted into the potatoes

**Sweet-potato Cakes** —These are made by using grated boiled sweet potatoes, two cupfuls rubbed through a colander, three eggs beaten light, two table-spoonfuls of cream and one of melted butter, and two of flour Beat the eggs into the squash, then the cream, then the butter, and at last the flour Cook on a griddle Drop in boiling fat and fry to a golden brown Serve at once with the following sauce Cream together three table-spoonfuls of butter and two cupfuls of sugar Heat (in a double boiler) two wineglassfuls of claret, into which has been stirred a teaspoonful of grated nutmeg Stir the hot wine into the creamed butter and sugar, turn all into a saucepan set in another of hot water, as the sauce becomes hot, beat steadily until it is foamy Send at once to the table This sauce is poured over each fritter as it is served

**Sweet-potato Croquettes** —Boil as many sweet potatoes as will make two cupfuls when mashed Mash while hot, and beat into the smoking mass a table-spoonful of butter, the beaten yolks of two eggs, and a table-spoonful of cream or rich milk Set the mixture aside until cool, when it may be easily moulded into croquettes Roll the croquettes in egg and fine cracker-crumbs and set in a cold place for several hours before frying to a golden brown in deep fat.

**Sweet Potatoes in Surprise** —Select some nicely shaped sweet potatoes, which must be long Wash and dry and cut them in two, lengthwise Scoop out both parts, wide

and deep enough to hold a bird, butter the inside thoroughly, and prepare the birds in the same way as for the nest Put one in each potato, put the cover over, secure it with a small string so as to close tightly Lay them in a buttered baking-pan, and bake thirty minutes in a moderate oven. Take out, cut the strings of the potatoes and of the birds, remove the blanket of pork, and serve the potatoes with cover over on a napkin Blackbirds or any small birds cooked and served in this manner are most delicious and savory

**Tomatoes, Baked** —Cut nice ripe smooth fruit in two, lay them in a dripping-pan, in which a small piece of butter has been melted, placing the skin side down Set over a brisk fire When the under side is brown take them off the fire Have an earthen baking-dish, in which place them, skin side down one at a time, being careful not to break them In each one put a small piece of butter, a little salt and pepper, and dredge a small portion of flour over all Place in a slow oven and bake three hours When done carefully place one at a time on the dish on which you wish to serve them, and send hot to table This is a most excellent dish

**Tomatoes, Broiled.** —Take large round tomatoes wipe them carefully, and put them on the gridiron over coals placing the stem side down When they are brown, turn over and let them cook until done through

Another way —Cut solid tomatoes in half without removing the skin Season with salt and pepper, and broil for a few minutes with the skin side to the fire Serve with mayonnaise or béarnaise sauce heated

**Tomatoes, Curried.** —Grate an apple and chop an onion—of equal size—and fry them until tender, add a teaspoonful of good curry powder mixed with a little gravy or milk, simmer for a few minutes, and spread the

tomatoes — first cut and fried, or baked—with the mixture. Serve with boiled rice

**Tomatoes, Devilled.**—Peel and cut large, firm tomatoes crosswise into thick slices and broil. Lay them on a hot dish and pour over them a sauce made of three table-spoonfuls of oil and the same of vinegar, yolks of three raw eggs, beaten light, a teaspoonful of sugar and half as much, each, of mustard and salt with a pinch of cayenne. Put sugar, pepper, salt, and mustard into the vinegar and beat to a boil. Beat the oil drop by drop, into the whipped yolks and when you have a rich, creamy mixture, stir the boiling vinegar into it gradually. Set in a vessel of hot water and stir until scalding hot.

**Tomatoes à la Française, Stuffed.**—Select six good-sized, firm tomatoes slice the top smoothly from each, and remove the seeds without breaking the walls of the tomato. Make a force-meat of a cupful of very fine bread-crumbs seasoned with a half-teaspoonful of sweet herbs—parsley, marjoram and thyme minced fine—pepper and salt and a teaspoonful of grated lemon-peel. Moisten this stuffing with a heaping teaspoonful of butter melted and stir in a beaten egg. Fill the tomatoes with the mixture replace the tops and tie on with a piece of thread. Mix another egg with a table-spoonful of water roll the tomatoes first in this and then in fine bread-crumbs arrange carefully in a pan and bake fifteen minutes in a good oven. Remove the threads before sending to table.

**Tomatoes au Gratin.**—Dissolve 1 oz of fresh butter in a stewpan and mix  $\frac{1}{2}$  oz of flour smoothly with it. Stir it with a wooden spoon over a gentle fire for two minutes then add very gradually three-quarters of a pint of good stock. Let it boil gently till it is reduced to rather less than half a pint. Put in with it a table-spoonful of chopped onion, three

table-spoonfuls of finely shred parsley, and a little pepper and salt, and boil it quickly for ten minutes. Take eight or ten large, ripe tomatoes. Slice off the stalks and the part that adheres to them, and make a round hole in the top the size of a quarter of a dollar. Scoop out the seeds, and fill their place with the prepared sauce. Set them carefully in a baking-tin, the stalk end uppermost, with 2 ozs of butter, and sprinkle bread-crumbs lightly over them. Put them in a brisk oven, and bake them for ten minutes. Serve very hot. Time to make the stuffing, about one hour.

**Tomatoes à la Mode.**—Skin twelve large tomatoes, cut them up, put them into a saucepan, adding a little butter pepper and salt. When sufficiently done beat well four eggs, and stir in—stirring one way for two minutes, or until they seem to be well done.

**Tomato Pie.**—Eight good-sized tomatoes, peeled and sliced—if fresh tomatoes cannot be obtained, those canned whole may be used, two table-spoonfuls of fine sugar, one egg half a cupful of cream (one gill) juice of half a lemon, salt-spoonful of salt. Arrange the sliced tomatoes in a buttered baking-dish sprinkling them with the salt. When they are all in pour over them the cream, the beaten egg sugar, and lemon-juice, all mixed—the lemon-juice put in last. Cover all with a good pastry and bake for half an hour.

**Tomato Purée** (for roast beef, mutton, pork, etc.)—Take a dozen ripe tomatoes, slice off the stalks and the part that adheres to them, squeeze out the pips break the tomatoes into pieces and put them into a stewpan with four table-spoonfuls of good brown gravy and a little salt and cayenne. Let them boil, put with them an onion a bunch of parsley, a sprig of thyme, and a bay-leaf and simmer them very gently until they are quite soft. Take out the

herbs, and rub the tomatoes through a fine hair sieve. Drizzle 1 oz. of butter in a saucypan and mix a tea-spoonful of flour smoothly with it. Add a table-spoonful or two of gravy and the tomato pulp, and stir the puree over the fire for five or six minutes. Serve very hot. Time to stew the tomatoes about an hour.

Another way.—Summer the tomatoes in good gravy till soft as in the first recipe. Take out the herbs and rub them through a sieve. Mix 1 oz. of clarified butter with a tea-spoonful of flour to a smooth paste, add gradually two or three table-spoonfuls of thick cream and the tomato pulp. Stir the puree over the fire for a few minutes, and serve very hot. Time to stew the tomatoes, about an hour.

**Tomatoes, Raw**—Carefully remove the peelings. Only perfectly ripe tomatoes should ever be eaten raw, and if ripe the skins easily peel off. Scalding injures the flavor. Slice thin, and sprinkle generously with salt, more sparingly with black pepper, and to a dish holding one quart add a light table-spoonful of sugar to give a piquant zest to the whole. Lastly add a gill of best cider vinegar, although if you would have a dish yet better suited to please an epicurean palate, you may add a teaspoonful of made mustard and two table-spoonfuls of rich, sweet cream. Raw tomatoes are served with mayonnaise sauce, ravigote sauce, or with plain French dressing. See Salads.

**Tomato Sauce** (to serve with cutlets, roast meats, etc.)—Take a dozen ripe tomatoes, cut them in halves, and press the seeds and the watery part from them. Put them in a stewpan with a quarter of a pint of gravy or strong broth and a quarter of a salt-spoonful of cayenne. Let them stew softly until they are melted. Press them through a fine sieve and put the pulp back into the stewpan with half a teaspoonful of salt. Let it simmer gently for a few minutes, and serve very hot. If liked, a blade

of mace, two or three shallots, and two cloves may be stewed with the tomatoes but most lovers of tomatoes prefer that they should retain their distinctive character, and consider that tomato sauce is spoiled if it is flavored with other ingredients. Tomatoes vary so much in size and juiciness that it is difficult to give the exact quantity of liquor required for them. It should be remembered, however, that the sauce should be of the consistency of thick cream, and that if it is too thick a little more gravy should be added; if too thin, it should be boiled down very quickly for a short time. Time to summer the tomatoes about an hour.

See also Sauces for other recipes of tomato sauce.

**Tomatoes, Stewed (Portuguese way)**—Slice half a dozen ripe tomatoes season with pepper and salt, and put little pieces of butter here and there upon them. Mince two onions finely, sprinkle them over the tomatoes, cover the saucypan closely, and steam them for a quarter of an hour. Afterwards pour a quarter of a pint of good brown gravy over them, stir frequently and let them simmer gently until done enough. Have ready  $\frac{1}{4}$  lb. of freshly boiled rice. Stir this in with the tomatoes and mix the ingredients thoroughly. Turn the whole upon a hot dish and send a little more brown sauce to table in a tureen. Time about one hour to stew the tomatoes.

**Tomatoes, Stewed Whole.**—Take six or eight ripe tomatoes of medium size. Remove the stalks, and arrange the fruit in a stewpan in a single layer. Pour over them as much good brown gravy as will reach to half their height; stew them gently until they are done enough, and turn them over carefully once or twice that they may be equally cooked. Thicken the gravy with a little flour and butter, season with pepper and salt and let it boil two or three minutes after the thickening is added. Serve

the tomatoes very hot with the sauce round them. Time to stew, twenty to twenty-five minutes

**Tomatoes, Stuffed, Garnished with Ham.**—Wash six medium-sized tomatoes, not too ripe, and about of the same size. Make a small opening from the stem side, and with a coffee-spoon remove all the seeds, drain them well, sprinkle the inside with half a salt-spoonful of salt, and have the following stuffing prepared. Put in the chopping bowl  $\frac{1}{2}$  lb. of lean ham, cooked, chop it, and add one pint of coarse white crumbs two table-spoonfuls of chopped parsley one medium-sized white onion, chopped fine two cloves of garlic chopped very fine add one salt-spoonful of salt and one of black pepper and two table-spoonfuls of butter divided in six lumps. Mix everything well take care that the butter is evenly divided so each tomato gets the same quantity of it. Fill up the tomatoes as full as possible about half an inch over sprinkle a little of the white bread-crumbs on the top and place them in a small baking-pan, where you have put one gill of olive oil or clarified butter. Bake the tomatoes for twenty minutes in a moderate oven basting twice. Serve them very hot with a crown of sliced ham prepared as follows. Cut very thin 1 lb. of lean ham cooked. Put in a small saucepan two gills of good broth one gill of Madeira add one teaspoonful of flour and one of butter previously mixed together boil for a few minutes to reduce to half the quantity. Arrange the sliced ham in a small baking-pan and put the hot sauce over it. Bake in the oven for ten minutes. Serve the ham in the platter around the tomatoes and pour the gravy over it. Cold cooked veal or pork is also very good instead of ham.

**Tomatoes and Sweet Corn.**—Select six medium-sized firm, ripe tomatoes slice off the stem end scoop out the meat and chop it fine. Take two or three roasting-ears (sweet green corn),

cut off the tops of grains with a sharp knife, reverse the knife and scrape out the milky substance, put corn and tomatoes in a vessel, and cook about five minutes, season with salt, pepper and sugar to taste, then fill well the rinds of the tomatoes with it, putting on top of each a small piece of butter, place in a pan, bake in a hot oven between twenty and thirty minutes. Serve hot or cold with fowl or fresh meats

**Tomato Toast.**—A quart of stewed ripe tomatoes rubbed through a colander seasoned with butter, pepper and salt and sugar to taste. Let them simmer a few minutes. Cut slices of bread thin, brown on both sides butter, and lay on a platter, and just before serving add a pint of good, sweet cream to the stewed tomatoes, and pour over the toast.

**Truffle.**—The truffle is a kind of mushroom without roots. There are three kinds—black, red, and white, and the difference arises from the different degrees of ripeness to which the truffle has attained. The black being the ripest are the best. They are seldom eaten alone, but are used for flavoring pies, ragouts, and sauces, for stuffing poultry, and for garnishing dishes. When good they have an agreeable aroma and are light and elastic. They are best when fresh, and lose much of their flavor when preserved. They are in season from October to January though bottled truffles may be bought at any time.

**Turnips, Boiled.**—Turnips should only be served whole when they are very young and then they should be covered with white sauce. When they have reached any size they should be mashed. Pare the turnips and wash them if very young a little of the green top may be left on, if very large they should be divided into halves or even quarters. Throw them into slightly salted water and let them boil gently till tender. Drain

and serve them. Time to boil old turnips, three-quarters of an hour to an hour and a half, young turnips, fifteen to twenty five minutes.

**Turnips, Fried** —Boil three or four turnips till they are three parts done. Take them up, drain them, cut them into slices, and fry them in hot fat till they are lightly browned and quite tender. Drain them and serve with fried or broiled cutlets. Or peel them and cut them into very thin slices. Let them lie in cold water for an hour and drain them. Dissolve a slice of butter in a few pints, and in this pour a tablespoonful of chopped onion for five minutes. Put in the slices of turnip, sprinkle a little pepper and salt over and let them lie in it till they are soft. A spoonful or two of water may be added if there is any fear that they will burn.

**Turnips, Mashed** —Wash and pare the turnips, and throw them into cold water as they are done. Drain, and throw them into a saucepan with slightly salted boiling water. Keep them covered and let them boil till tender. Drain them by placing them in a bowl and pressing a plate upon them to squeeze out the moisture. Wash well and carefully remove any stringy portions there may be among them. If necessary pass them through a colander. Mix with them a little pepper and salt, a slice of butter and a tablespoonful or two of cream or milk. Stir the pulp over the fire until it is hot and quite dry. Serve very hot. Time to boil three-quarters of an hour to an hour and a half.

**Turnips, Purée of.** —Pare and wash half a dozen large sound turnips, and split them into halves, or even into quarters. Boil them till they are very tender and press the water thoroughly from them. Pass them through a sieve, and put them back into the saucepan. Dredge a small quantity of flour over them, and add a little white pepper and salt, a slice

of butter, half a teaspoonful of white sugar, and a quarter of a pint of cream or milk. Stir them over the fire until they are quite dry and stiff. Serve the purée in the centre of a dish, and arrange cutlets etc. neatly round it. Some cooks add a little grated nutmeg or a little powdered yam to turnip purée. Time to simmer with the cream about ten minutes to boil from three-quarters of an hour to an hour and a half, according to age and size.

**Turnips Stewed in Butter, Young** —Take 2 lbs. of mild young turnips, cut them into small squares or turn them to any shape that may be preferred. Dissolve 2 ozs. of fresh butter in a saucepan sufficiently large to hold the vegetables in a single layer. Put in the turnips and simmer them very gently until they are tender without being broken. A few minutes before they are done enough, sprinkle a little salt and white pepper over them. Put them in the centre of a dish and arrange fried or broiled cutlets neatly round them. Time three quarters of an hour to an hour to stew the turnips.

**Turnips Stewed in Gravy** —Pare and wash the turnips, and cut them into small square pieces or turn them to the shape of balls or pears. Put them into a saucepan, pour over them as much boiling gravy as will cover them and add a little salt and pepper and a small lump of sugar. Let them simmer gently until they are tender. Put them in a hot dish, pour the gravy over them, and serve very hot. Time to stew, three-quarters of an hour or more, according to age.

**Turnips, Stuffed, Large.** —Boil whole four or five large turnips. Take them up, drain them, cut a slice from the top and scoop out the middle. Beat the pulp which has been taken out with a little butter, flour, pepper, salt, and cream, and add the yolk of an egg. Fill the empty spaces with the mixture, put

the tops on a grun, and brush them over with beaten egg. Brown them in a brisk oven, or before the fire, and serve very hot. Time to boil from three-quarters of an hour to an hour and a half.

**Turnip-tops** — Wash in several waters. The more water they are boiled in the better they will look. If boiled in little water they will be bitter. When the water boils put

in a small handful of salt and then the tops. If fresh and young they will be done in about twenty minutes. Drain on the back of a sieve, and serve in a covered vegetable-dish garnished with poached eggs.

### Vegetable and Fruit Salads

Purées	See Salads
Soufflé	See Purées
Soups	See Soufflés
	See Soups

**Velouté Sauce.** See Sauces

**Velvet Cakes.** See Cakes

**Velvet Cream.** See Creams

**Velvet Soup.** See Soups

**Venison.**—The following recipes for cooking venison will be found under their respective headings as indicated.

**Venison, Fillets of** See Game

Haunch of

Marinated.

Pastry

Potted

Steaks, Broiled.

Sauce

See Sauces

**Vermicelli.** See Macaroni.

**Verte Sauce.** See Sauces

**Vienna Rolls** See Bread

**Vinaigrette of Cold Meat** —Take any kind of cold dressed meat, cut it into neat slices and put it upon a dish with cold potatoes cut into slices, hard-boiled eggs cut into quarters and slices of beet-root. Season rather highly with pepper and salt, pour upon it oil and vinegar in the proportion of three table-spoonfuls of oil to two of vinegar, and toss it lightly together with a fork. Sliced cucumber, chopped parsley, and finely minced onion may be added if liked, and a few drops of tarragon or chilli vinegar may be mixed with the ordi-

nary vinegar. See Beef, Veal (Calf's-head)

**Vinaigrette Sauce.** See Sauces

**Vinegars, Flavored** —Vinegar may be flavored with herbs and spices, and a good store of these vinegars will prove of great service in cookery. Procure the flavoring ingredients—such as celery or cress seed, chilies or capsicums, tarragon leaves, shallots etc.—to put them in bottles, cover them with good cold boiled vinegar, and cork tightly. In a week or two the vinegar will be sufficiently flavored, and all that will then be necessary is to strain it off and bottle in small bottles for use. In nine cases out of ten the flavoring ingredients may have a second and even a third supply of vinegar poured upon them. Tarragon and chilli vinegars are particularly useful for salads while a few drops of garlic or shallot vinegar added to a pint of gravy will impart a characteristic flavor. Herbs also, if boiled for a short time in vinegar, will communicate their flavor to it and the flavor of some fruits, when imparted to vinegar, is very delicious. The acid thus made, when mixed with water and slightly sweetened, constitutes a refreshing summer beverage.

**Vinegar for Pickles** See Pickles

**Vinegars, Home-made.**  
See Beverages.





# W

Wafers.	See Cakes	Wheat Bread	See Bread
Waffles	See Bread	Whipped Cream.	See Creams
Waldorf Salad	See Salads	Whitebait	See Fish
Walnuts —Recipes calling for walnuts will be found under the following heads		White Cake	See Cakes
Walnut Cal e	See Cakes	Whitefish, Planked Salad	See Fish
Cream	See Candy		
Catsup	See Pickles	White Mountain Cake	See Cakes
Pickled Salad	See Salads		
Washington Cake.	See Cakes	White Sauce	See Sauces
Water Ices	See Ices	White Soup	See Soups
Water-cress Salad	See Salads	White Spice Cake	See Cakes
Watermelon Rind		Wine Drops	See Cakes
See Pickles, also Preserves		Wine Jelly	See Jellies
Weakfish, Boiled	See Fish	Wine Sauce.	See Puddings
Broiled		Wine Soup	See Soups
Wedding Cake	See Cakes	Wines, Home-made	See Beverages
Weights and Measures Tables of			
See Inside Cover		Woodcock.	See Game
Welsh Rabbit.	See Cheese		

# Y

Yeast.	See Bread	Yorkshire Pudding — Allow one egg and milk to make a tolerably stiff batter to two table-spoonfuls of
Yellow Piccalilli	See Pickles	

